HEALING

WITH

HATHORS

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I dedicate this book to:

All who promote oneness
and who give it their all
to manifest the new reality.

Special thanks to all, who have contributed
to the realization of this book.

Lia-Ariël

Who are the Hathors

The Hathors are a loving star race, who have lived on this planet Earth thousands of years ago. They are therefore familiar with our third dimension energy of free will, with duality, linear time et cetera. During their time on Earth they remained closely connected to their brothers and sisters in other constellations. In those days they have mainly built on a feminine culture with a matriarchal[1] structure and they lived at a high level of love, compassion and peace.
They were equally closely connected to the Goddess of fertility and love, called Hathor. Through their bodies they brought the powerful feminine Goddess energy onto the Earth. This energy provided a peaceful rule, feelings of love and a vast empathy. They were extremely focussed on fertility rituals and in these rituals sexuality played a role for it being the Divine act of creation.
They knew how important the vibrations of music are and how healing sounds and colors work; they used these to keep their nation healthy.
The Hathors have distinct features. They were very tall and their heads were wide with big pointy ears.
When the pharaohs took control of Egypt, the country shifted back to patriarchal[2] rule. They had no respect for the Hathor race. The Egyptian people have never truly accepted the Hathors as the highly evolved beings they are.
The Hathors have ascended thousands of years ago and live at present interdimensional, including on the planet Venus.
After the Hathors had left this planet through ascension[3], most of the beautiful big statues they had left behind in Egypt, have unfortunately been destroyed. These statues were the only remaining proof of their presence on Earth, which was based around Dendera in the South of Egypt. Of the statues left in Egypt, only few are undamaged; most have been beheaded.
Even though the Hathors are no longer physically present on Earth, they are still connected to us. In fact they are Ascended Masters and they feel they have the role to support the ascension of Earth and her inhabitants to a new reality of raised frequency. They do this in a loving way, without imposing themselves. Yet, they like to connect with us, so they can share about their experiences of building a new world. They also make the effort to hand us information for the next steps in our ascension process. We can learn a lot from them and they too will, through the evolution process of the Earth, evolve in the larger Cosmic Plan.
Their loving energy is extremely powerful and at times overwhelming;

the energy is very tangible when working with them. They also bring the sounds of music into our lives; music as being the rhythm of the creation. Their vision is that music and sounds bring us fraternization, which contributes to a speeding up of the unification.
We all grow to the point in time, where we are able to take a big leap forward in our evolution, together with our planet Earth, and the Hathors support us. Their support stems from compassion and love and from an abundance of experiences, which they like to share with us. All for our highest good.

Goddess Hathor with Queen Nefertiti

Preface

On the second day of Christmas, around noon, I sat in front of my computer to add a sentence to my latest book. While staring at the screen of my laptop, knowing that my book was almost finished, I was contemplating about what my next book would be about.
At that moment I noticed, as happens more often to me, that I was guided to certain sites on the internet. I soon felt, that I was directed to a website I regularly visited and my eyes caught the word Hathors.
I was familiar with the Hathors. Years ago I had also connected with them. Already back then the Hathors were pure recognition. And now again it was as if I was warmly welcomed home in their embrace. I felt the energy within me rising and how a heat started beaming from me; I let it all happen. When reading the message of the Hathors on that website, I felt so much recognition. I read that these beings connect with us especially to help us reconnect to the balance within ourselves in a world of duality. Exactly that was the theme of my last book, which was now in fact finished.
All of a sudden many things started to happen simultaneously. I closed my eyes and leaned back in my chair. It was as if I was sitting in a fighter jet, and because of the power with which it took off, I was pushed against the back of my chair. I experienced tingles at my crown and it felt as if a multi-coloured spiral shaped energy was being downloaded in me.
The spirals had many colours, some of them purple-blue and pink-red, others purple-blue to dark-green.
I felt my being calming down; there was only peace within. The inner voice I then heard, was so clear, that it was as if I was communicating with someone, who was sitting next to me. It was the voice of a being with a masculine character, who equally spoke with a kind of soft feminine love. I knew deep down inside, that this voice represented a group of beings, who call themselves the Hathors. Back in the years the Egyptians called them Hathors, as this race was closely connected to the Goddess Hathor, who is also referred to as the mother of mothers or the Goddess of Fertility.
The voice, that started speaking, addressed me with the name Dear and I felt or actually knew that they consciously chose to not use the name I carry in this lifetime. Later on it became clear to me that they know me by another name.
The message I was given by them, was that I was allowed to realize that by finishing the book I was working on, I had finished a part of my life - both inside and outside of me - based on duality. Their main motive to share this with me, was that I had connected to my shadow side and that I had accepted and unified my sun side and the shadow

side within me. This principle had now played out in me, coinciding with the finishing of my book. It left me speechless to be allowed to receive this beautiful message.
They followed up with the request to write my next book together. This answered the question I had asked myself in silence, namely 'What will I write next? What will be the next theme?'
This is how fast the cosmos works. I was instantly given the title of my new book: Healing with Hathors.
In fact it was all very logical to me, as if I already knew it, which of course is also true. At a different layer of consciousness I already did know that this was going to happen. Not a single cell in my body could experience this as not being true. There was only knowing; the knowing that this is the truth.

My last book is titled "Visions of Oneness" and is written from the longing to leave the duality behind and to step into the perceptible oneness. So I was entirely open to what would cross my path.

Healing…

I was looking forward to what lay ahead of me; the collaboration with these beautiful beings, the Hathors. I realized that it was not just about the book I was going to write to support humanity during the transition into the new world. I also knew that a process would happen within me, just as it can occur in each of you when reading the words in this book.

You are the one deciding how profound your inner journey with the Hathors is going to be.

Lia-Ariël

Preface of the Hathors

Today we approached our new messenger. She is ready for a new chapter in her life. We have been following her for a while and have already been able to share insights with her, which she has written about in her previous books. She was aware that she was being helped, but not that it was what you call the Hathors, who assisted her.

Now she has become aware of us, she followed up on our hints and instantly understood the meaning of communicating with us. We are happy that she has agreed on expressing us in this book, so that we have access to the world, and so that many can read what we have to share.

We know your messenger; we are old friends. Due to the veil we have long not been able to communicate with one another, but she has certainly felt our presence. During her nightly out-of-body experiences she has been in touch with us multiple times, and we have made preparations and agreements with one another.

Our messenger has a down-to-earth attitude towards our collaboration and took it all in calmly. While she was thinking about how she would be writing the book, we just smiled at each other. This time we are talking and she translates it into easy to understand text for you. We enjoy being again able to actively work together with her; like in times long past.

For us it is important to awaken you, the readers, from the dream you call life on Earth. You are living in a hologram[4], a movie, which only threatens to get more exciting and more tragic; reason for our loving support to you.

Read this book, our words, which our messenger will excellently translate for us. Read them with attention, read them with your third eye, read them with your heart and feel within if it rings true for you. Feel what the words stir in you. Every word has carefully been transmitted by us. We appoint ourselves as your helpers, as your protectors and as the ones showing you the direction on the path to the new reality. We equally offer you our support during your ascension process.

Be willing to receive these words, which enter you as a transforming energy, and let them work through you, just like light. Realize that you have long awaited this book. This book is the answer to many of your questions in this special time. We heard your questions and here are your answers.

We have together agreed upon this book becoming available for you at the time you need it. And that time is now.

We will now end this introduction.
Allow yourself to be touched and transformed.
We greet you in service.

The Hathors

Inhabitants of planet Earth:
Unify in love,
join forces,
and use your
wisdom

Hathors

Chapter 1
Healing

Greetings to all. This is a re-union between you and us. We come to you at the time in your life, when you need us. You know that you are on the way to a transition in your evolution; an incredibly challenging time in your existence. This transition or ascension has already been made by us and therefore we are willing to support you in these fascinating processes. Our words have a vibration, which can enter your consciousness at a higher frequency, so that our words can bring about more depth at a higher level of consciousness. Mind you, it is up to you to grant us this access, or not.
Let us start with clarifying the subject of this book. Healing or making whole is quite a large understanding; it goes beyond just physical illness and getting better or being cured. Healing is bringing order or organizing. Without order no healing is possible. Order means, the right balance, everything in the right place, in the right context, in the right proportions and in the right order. Everything, which is not in the right order, is in fact out of balance, and imbalance of for instance your physical body causes illness. An imbalance in your brain, is what you often refer to as mental illness. Imbalance in the world can be labelled as chaos. Imbalance in the economy is a financial problem or financial crises, which can amongst other things lead to poverty for many, but also to chaos and resistance. Imbalance between leaders and nations is called war. A clear imbalance of power is involved.
Imbalance in your energy is always kind of an illness, and illness requires healing. So, to us healing means: that which needs balance. You could say that your lives are ill, meaning that your lives need balance. Or that your world is ill, meaning that your world needs balance. Your leaders and their power control is in need of balance. Everything happening on an everyday level, which is not in the right order, is an expression of illness, which is allowed to be healed. You can call it illness, or you could call it confusion or chaos, but our preference is to call it dis-order. Dis-order rules on your planet, vast dis-order, which can feel threatening to you.
Messenger: They now show me an image of a large ship, where all the people move to one side of the ship. As a result the ship tends to tilt to the side and tip over.

Of course there has always been partial chaos in your world, which was the result of your choices to work out duality on your planet Earth. Yet, there was a reasonable balance to be experienced in this chaos. However, in these crucial times in which it is destined for your Earth to entirely go back to the balance needed to return to the

oneness consciousness, the dis-order can quite distract you from what you aim to achieve. We say can. It is not necessary for this to happen, but there is a fair chance for it to happen, unless a healing of this dis-order takes place on a worldwide level.
So healing means that order is desirable in the disorder of your current environment. How..?
This happens also by bringing balance into your own lives. When saying balance, think about balance between all what is, for instance the polarity good on one side and the polarity bad on the other side. Balance is reached by accepting good and bad and by unifying them as being one energy. This process starts within yourself, in your inner world and will expand into your outer world. World order goes one step further than this. Disorder in the world is namely connected to administration, to the people who have the overview. Someone with experience on this level is needed, someone who knows exactly how order can be brought into the dis-order.
Beings are needed, who can fulfil the new leadership roles, with qualities related to this important role. Qualities in line with the new world. Leaders with respect, courage, power, love, charism, purity and clarity; leaders, who stand for the well-being of the nation. We consciously talk about beings, as this is much vaster than just the inhabitants of this Earth. They can be beings from other planets or other solar systems, who have more experience with this process of bringing order. Let us clarify this with an example.

Imagine a vast project like the construction of a house. There is one important person overlooking the construction: the architect. The architect has designed the house and knows exactly how the foundation needs to be done. The construction supervisor, the bricklayers, the roofers, the electricians, the heating engineers et cetera all look at the floor plan. They discuss among themselves and with the architect how the building process needs to go.
The building is about to start, but the start is not made with the roof. No, there is a certain order. It starts from the bottom up with the foundation and supporting walls, on which the rest is built. And finally the roof is done.
Imagine there being disorder. Imagine the builders placing the windows, while there are no walls yet. Imagine the bathroom being equipped, while there is not yet a floor. Imagine everyone just doing something. Everyone is of the intention of doing the right thing. Sure, there are good intentions, but the disorder is only getting worse. The bricklayer is building low walls in the places where the heaters are supposed to be installed, and the paperers are sticking the wallpaper on the outside of the walls instead of on the inside. Pipes are wrongly connected to each other and the stairs are placed

in a way, which makes it impossible to go upstairs.
Who takes care of everything taking place in the right order?
Who takes care of the healing?

Exactly: the architect. This is the person overlooking the project. The architect makes sure that everything is in the right place, in the right sequence, at the right time, in the right proportions, in the right way and in the right order. This is how the new is created, in the right way and with the desired result.
We can already feel your reaction. You may think: 'But everybody knows how to do his part, right? They have built a house before, right? They know that the foundation is first and then bit by bit the rest?'
Yes, dear people, this is true. But imagine this house being built at the site of the old one, which has not yet been taken down.
Imagine that you simultaneously have to take down the old and build the new. Imagine that old and new materials are lying together and need to be sorted out. This gives a bit more of an image of the situation which you are currently navigating in your world.

The old world is still ongoing, while simultaneously the new one is being built. People who have left the old world are walking around in the new world, realizing that there is still a lot they don't know. Maybe they do not even yet recognize the new world as such. Everything is different in the new world: different energies, other friends, other habits, a lot of ignorance and unaccustomedness. Often people will go back to the old world for a bit, where they then experience being thrown back into old habits, family members holding them down, energies, emotions, old conditionings et cetera. And this too no longer gives them footing. The people, who cannot yet leave the old world, because they are not yet ready for it, also walk around dazed in their world of which they feel 'This no more feels right.' Everything is changing. They feel old securities falling away. They feel like they are being pushed with their backs to the wall. They feel that everything no more resonates, but they do not yet understand why. Dear people, and that is exactly where we want to go.

Humanity is experiencing an extremely strong influx of light from the great Central Sun to the Earth. Purification, physically and mentally, is happening. Wiring is being renewed in everyone's brains, what can come with a lot of rather special effects. The nervous system is being renewed, the DNA system is being changed and the pineal gland is being activated. People feel more tired and irritated. People get confused and feel insecure. People are more emotional, sensitive and disoriented. In short, people are close to a nervous breakdown and the next thing which can happen is that people burnout. Like a kind of short circuiting in the brains. This can have

unpleasant side effects for themselves as well as for others in their vicinity. They can do strange things, because they get totally confused. This can lead to the creation of unrest and crime, even murder. It is possible that there are people, who will kill a vast number of humans without any reason. This is not to be underestimated.

Dear ones, this is what disorder is like and it requires healing.
Now once again imagine the construction site. The old house is in ruins. The new house is being built in between. The people at the site are irritated, angry, tired, disoriented. They just do something and start blaming each other. When people overheat in their system, they may start to curse, push or throw stones, while others are giving it their best to work. Everything goes wrong, because there is no architect; no, there is no architect. Nobody knows what it is supposed to look like in that new house. Nobody has the feeling of 'this is how it is supposed to be; this is the right way.'
They are losing sight of one another in these two houses, as two dimensions are mixing. One moment a person is already in the new house (the new dimension) and invisible to the others, and the next moment the person is back for a little while, but is struggling with the disorder and retreats to the new not entirely finished house. People are looking for one another and are walking around dazed. The old house (the old reality) no longer offers protection. The new house (the new world) is unfinished and uncomfortable. This gives you a better image about how order is needed, how healing is needed in your world. Can you see the role of the architect? You are the architects. Let this sink in: you are the architects. We too are architects. We have built such new worlds before. You too, by the way, just allow yourself to remember.
Read on about how you can take on your role.

Chapter 2
Time presses

Yes really, we don't want to hurry you, but time presses. You have little choice and delay is not possible. Listen, here is our message for now: 'The world is in need.' No, don't think that we want to scare you. Maybe we should rephrase it: 'Your hologram, which you have co-created, is about to collapse.'
Many sensitive souls already feel it in their body. They sense a threat, they sense a special sensation of big change coming. They think more about death, maybe even that they may die themselves, but it will probably not be a physical death. A true change, yes, a mental transition to a new world. Yes, it looks a bit like your feelings when dying, at least that is how you could explain it.
You are surrounded by many Angels and Guides, who care about you, and who assist and help you with this transition. They are on standby and busy with it. Many of them try to reach out to the people they are guiding and to whisper their messages in their ears, but unfortunately there is too much noise in the atmosphere. There is so much noise because of the energies coming to your Earth, touching everything and raising the energies. And from energies, who want to stop you from moving forward. We are glad, that we can reach you and like to be brutally honest with you: it is your own hologram, in which you are voluntarily imprisoned, and this is about to end.
We will take a ship, on which you are sailing together, as an example.

The ship where disorder is ruling, is about to capsize and something needs to happen soon. The people need to be evacuated to a new boat, read as: to a new holographic reality, created by you. The captain needs to take control and take his position. Where is the captain? Where is the crew?
Those, who have the overview need to take their positions. You! All, who have come here with a role to be played in this end-time, are being asked to step into position. You are invited to use your voice, to address the crowd on the boat through a megaphone and to call "You go to the left, you go to the right, children in the middle."
Something like this needs to happen. Do you understand? This creates order. This allows for an orderly transition from point A to point B. From your old reality to the new. Captains come, grab your megaphones and call out to your people on the ship. Tell them what needs to be done. Architects, you too, tell your people, what needs to be done: first the cellar, than the walls, the ceiling and finally the roof. Do it. This is our message. Get your megaphones and start. Start creating order in the dis-order and let us together make a peaceful transition from your hologram of life in the third dualistic dimension to the fourth and then the fifth dimension and higher

into a whole new world. A world, which will be held in the energetic hologram, by you and by us, and our brothers and sisters in the Higher Dimensions.

They do this for you, so that you can make the shift and equip again this new reality. It so happens that you are going to do this yourselves. Yes, you are doing this. We, your brothers and sisters, only help hold the energy frequency during the transition. It is your role to build onto it from your own power. Can you see it? Can you see, how we are reaching our hands out to you, to help you from one side to the other? That is where your new reality is, and that is where our role ends. You are going to do it. You. You are the captains and the architects of your new reality. There is work to be done. There is no longer time to wait or ponder. You are not ignorant children, you are not unexperienced people. No, you are experienced architects. You already have drawn and co-created many big projects. This new project is called the transition from the holographic planet Earth to the new holographic reality. Call it the transition to Heaven on Earth. And how are you going to do this? Of course by living your visions. Yes, live your visions. Of course you have these. You receive them at night and during the day. The question is: do you want to realize your visions? You have them. You can recognize them. Every time a vision starts with:
"If I were the boss, I would…"
"If I were in charge, I would…"
"I do not agree with the policy of this government. If I had a say in it, I would give everyone the same amount of money."
"If I were a world leader, there would be a fair sharing of abundance, there would be better schools, nobody would be ill, everyone would respect one another, et cetera."
There are many more examples. These are your visions. These are your desires, your dreams. This is how you are wanting to redesign it. You know what you would like to change. You know exactly what your priorities are.

Listen to your children. They also clearly know what could be improved. They are less complicated than you, the adults, and they don't understand what all your fuss is about. When you say to a kid "I cannot leave now, because I have to work", they will respond "Then take time off". That is what I mean. You laugh and think, oh these kids, if only it were this easy. But dear ones, that is how easy it is. Here is something more about your children. Whenever you try to explain something to them, they simply say "I already knew this." Of course, because everything is already known.

On your Earth you live the energy backwards. Didn't you know this?

First you experience the answer and only then the question is asked. Everything already is. In your lives you have been on the road in search of the questions. After all the answers were already available. Well what… what a game on this Earth. And oh my, how serious you were. But now you will catch me on the following. Yes, I have asked you the question: “Do you want to realize your vision?” The answer is already available. Yes. Even stronger, your visions have already been realized. Haha, you don’t believe us, do you? Let this all sink in into your subconscious. You have arrived already. Your visions have already been realized. Read on.

Chapter 3
Visions

Here we are again. Our messenger had a busy time with her personal life. Now we are gently pushing her to continue, because we have lots to share with you. Visions, that is where we were. Yes, vision-s, these are very important. Also in our lives visions are of the utmost importance. The word visions holds within it the word vision. Vision is insight in advance. You will be creating in the future, but there is no future. As we told you before, everything already is, here and now. Equally there is no past, just the here and now. There is memory, yes, memory of what also is, because everything already exists. Yes, remembering what else exists, that is what a vision is. Remember what else exists. That is the role of captains, of architects, of people with vision. I will name you, who read this. I name you, who will recreate the Earth 'visionaries' or 'seers'. You are the visionaries here on Earth. You will be creating in line with your memories of 'what else exists.' There is so much more, so much. You would go crazy if you would all of a sudden remember everything. It is up to you, dear seers to erect the vision of the new Earth. To do so, you turn inward and connect to your heart. Connect through your hearts with the other visionaries here on Earth. Together you create a new grid around this Earth, the 'grid of visionaries'. This empowers your gift to remember what else is available. There are now enough awake visionaries on this Earth to anchor this grid and to empower it with your gifts to truly see.

Meet up with each other in your dreams. Connect through your Higher Selves[5]. Allow your heart energy to flow towards each other, because you are all together in a splendid project. You are the ones, holding the visions for the future Earth, so that these can also be perceived by others and so that you can create the new holographic Earth, while the old Earth slowly dies. Visionaries, recognize yourself, acknowledge yourself. You are the ones, who are capable of remembering. You are the ones, who will meet again with your cosmic family. You are the ones creating the Divine plan. No, no, don't look around or behind you to see if there is someone else; there is no-one there. You are the ones, you who are reading this. We have come to gently push you, to caress you, to stir you… to help you remember.

We are visionaries in our own worlds. You are our relatives, our families, but you also have a world of your own, one which is nearing its end. You do feel it, do you, that the Earth is slowly bleeding to death? Don't you experience that the Earth has suffered and that she hangs in this long for you? Don't you experience every day that the

beauty of Earth is dying off bit by bit, and that you want to protect the Earth, but that this is no longer possible? This Earth can no longer be saved. She has given everything, thousands, millions of years, and you 'her children' were able to experience how magnificent this Earth was, what immense beauty she had and still has and which fruits and gifts she holds. But if you are honest, let her rest in peace. She deserves it. This celestial body may pass over to a beautiful new creation; her ascension to a higher dimensional reality. The soul essence of your Earth knows this and is looking forward to it, but she needs you to assist and help her to cross over to a magnificent star planet, full of love land light. Give her your promise to help her. Don't let her make this transition alone. She needs you. You are her visionaries for her future. You remember what she will look like and in which grand quality she will tinkle and shine in your new reality. How will you do this? Do you remember what we told you: the answer comes first, followed by the question. That is remembering. That is the way you will do this. You will be the one asking the questions. There are many, many working with you. All of them visionaries, related to you in other worlds, in parallel realities, also facing grandiose projects. You are connected with them through light lines, flying through the cosmos. The cosmos, a splendid game of light rays in the most beautiful colors, connecting everything and everyone. Nothing is separated or on its own. Everything is connected by light beams and lines. We will give you an example to help you remember.

You are watching the white lines in the air, which you call chem trails[6]. Unfortunately, we have to confirm that these trails are toxic for you humans, animals and all organisms. But there are two sides to everything in your dualistic world. The positive side of the chem trails is that you are finally watching the air and that you start seeing. Look closely and tell me: what is fascinating you about these beams in the air? Right, these beams remind you of the connections in the cosmos. You are being touched by these beams, because you remember that behind your veil there also exist such beams in the cosmos, crisscross beams of light connecting everything and everyone. Furthermore you will start to recognize the UFOs in the air and start connecting with stars and planets, purely by looking with the eyes of remembrance. You see the beams and remember, remember, but do not yet get the right images or information. It puts you on the trail of searching for the depth of these beams. You are not separated; also not from your light families. You just have to remember.

Let me get back to the theme of asking questions. You can ask whatever you want. Asking questions is the gate to other worlds. Do you understand what I am trying to tell you? By asking questions you break through the veil. Ask anything and the answers or the

remembrances will be given. Ask the most silly things, but do something. After all you have the answers within you, and this is what brings forth the question. The real problem is if you want to hear the answers. Take your time for this. We sometimes experience how busy you are in your everyday life; you sigh and think "I have no time, I am too tired or I am too busy." Dear humans, nothing, really nothing in your life exists without you having created it. If you agree with yourself to not have time, than this will be true. Everything you think or believe will be realized. This is your own interpretation, based on old experiences. Can you see, where we are going? We do not interfere with how you are living your life, or with your old way of thinking, or with the over and over repeating same deeds and conditioning. We did not come to affront you, but we also realize that you need a certain level of insights to be able to change.
We bring you more insights. We bring you more vision, for you to be able to act. Otherwise it will be passivity. This is what we can do for you. Now our question to you: "Do you remember us?"
No, this is not a stupid question, because there are no stupid questions. Do you remember us? Do you remember about our agreement with you at this specific time? The agreement, that when Earth is going to say goodbye to her old quality, that we will come to you to remind you about your gifts as visionaries? Now is the time to remember us. Do you feel anything? Are you experiencing shivers in your body? Are you sighing deeply or is your heart skipping a beat? Are you all of a sudden feeling hot or feeling like you have a déjà vu?

Dear humans, this is the moment. We are here to tell you that you are allowed to remember your visions and that you are going to do this by asking questions. Because the questions will lead you to the answers you are holding within. Everything is stored within you. You are millions of times better than computers. All information is within you.

Don't doubt it. Doubt is disbelief and keeps you in the third dimension through duality. Know it to be true. Know that your inner computer contains all necessary information. Go to your inner google. (We hear this name from our messenger.) Go to your inner google and search for anything in your inner computer. Type your question, even if it seems rather strange. We again confirm you, that there are no wrong questions. There are only questions and each question holds the answer already within itself. Dear people, go back from the future to the present moment, and know that you have a role here. Discover your visions and anchor them here to organize the new holographical world. This new reality is being designed by you. You can never create something new, without having had a vision about what it is supposed to be like. You can never create something new without a design. You

are the co-creators, next to God and Goddess. First work on remembering your visions, make the design and present it to your executors, which are in fact you yourselves. Do you understand it? Yes, you do. After all that was what we had together agreed upon. You remember us and our agreement.

Listen
to your inner voice
of Divine
perfection
and follow this voice,
knowing
that all
happens
in perfect order.

Hathors

Chapter 4
Asking questions

A quick test. Do you grasp the magnitude of your role? Do you have any idea of what is being expected of you? Are you getting a sense about how we wish to help you? We want to help you, but without influencing you, because after all you live on a planet of free will, where only your own opinion counts. There is no or hardly any input from outside possible. You are the ones in charge. You have together created the blueprint[7] of this planet. You have decided what the Earth will look like, what you would look like, what you wanted to learn here and what you wanted to experience. You humans, connected with the Divine power of creation, have decided that the polarities on your Earth would be pushed further and further away from each other. You humans wanted to experience the highest possible happiness, but also the deepest misfortune. You wanted to now what war means, and what peace encompasses by experiencing duality. Humanity, in collaboration with the Divine creation, wanted to experience love and fear till the highest possible levels. Of course there were also a few things humanity did not want to experience, but which have anyway been created by stupidity, greed, tyranny or ignorance of some humans. This was possible, because as human Angels you were for a large part separated from the other realities. This ignorance has had huge consequences in the form of illness, war, poverty and fears. It has traumatised your people and sent many to death. What we want to tell you, is: You were de co-creators of your experiences on this wonderful blue planet Earth.

Many nations here on Earth have been able to maintain a good contact with us and other civilizations in the cosmos. I am referring to the Mayans, some Native American tribes, the Aboriginals in Australia and many eastern tribes, such as in India. They managed to keep their lines to the cosmos open, and they continued to remember beyond the veils. They were the ones, who have not exploited the experiences with dualistic energy to the deepest level. They walked the golden mean and remained consciously neutral. They did not exploit Mother Earth in the way many nations have done, and they knew that gratitude is the key to a higher dimension.

Just as greed has led you to the lowest of lowest regions, the more aware souls could maintain the contact through love. And through questions they remembered all the answers. They have kept in touch with many star races like us, and with Source, from the depths of their being. You too are part of this more aware part of humanity. Do you understand what we are saying? You are part of these groups, who lived on this Earth, knowing and aware of their star origins, knowing

about the big cosmic plan, aware of the Divine laws, aware of the cycle of this Earth and that it comes to an end in this time. You, who are reading this, are these 'old wise tribes', who all returned to Earth to honor her and to assure that Earth can make a good transition under your careful guidance. Please remember. It is now time to remember and to take on your role. Each and every one of you has been prepared for this role. And it is not something new to you. You have done this before on other planets. You are the visionaries, the healers and the co-creators on the Earth. Do you remember? If you have not yet done so, we ask you to take on your role (again). We are happy to give you more information. Take a moment. We would like to do an exercise with you.

Pay attention to your breath, your life energy.
Breathe deep in and out, in and out and follow your breath.
Close your eyes and continue to breathe.
Set all your thoughts free and let them go. Pay attention to your breath and let your thoughts go.
After a while, when you feel only peace, ask yourself a question. Ask yourself the question: 'What am I allowed to know in this moment? What am I allowed to remember?'
Ask yourself this question and then let it go again.
'What is available for me to remember in this moment?'
Sit in silence and continue to breathe. Let everything go and breathe.
Do nothing. Just wait and see what will happen.

After this exercise you can sit for a while and if you have had a thought or image, you can write it down if that feels right for you. A question asked by you is being catapulted into the cosmos and seeks connection with a similar vibration. From there it is sent on to the right energy, as if it is a switchboard, arranging the right connection. Those or that, which catches your question, with your vibrational frequency and your color beam, now comes into action. Nothing ever gets lost in the cosmos. Your question will reach its destination and will be heard by 'the memory'. The memory will instantly be on alert: 'Hey, there is a question for the remembrance', and then it will do everything possible to answer. When you do not yet receive an answer to your question, it does not mean that nothing has happened. A lot has been pushed into action; more than you think.

A day later you can do the same exercise again asking the question "What is good for me to remember? What is good for me to remember in the phase I am in now?"
Again your sign is being picked up. Only this time it travels faster. You are quickly diverted to the memory you need to hear. The

memory is happy: this person is ready. Work is being done for you. Things can start to move in your life, connections are being made. Maybe you receive a new guide, who will collaborate with you, or answers come your way. This guide screens you and checks what he can download to you. Maybe you receive information on a conscious level. Maybe you are being informed on the subconscious level or you may have a clarifying dream. Don't think that nothing has happened. A lot is happening.

If maybe you repeat this exercise again the next day, be more specific with your question: 'Give me the memory of my role here on Earth. It is my intention to fulfil my role.'

After about a week look back, and see what has happened to you in your life. Which people have you met? What messages did you receive on your computer? Which books came to you? This is how the cosmos works, through asking questions. This is how you move through the veils. This is how you discover your connection, which has never been lost.

- Ask to be sent the right people on your path.
- Ask to have the right information to flow to you.
- Ask how you can assist Mother Earth.
- Ask for the memories related to your role.
- Ask for the instruments to fulfil your role.
- Ask for the right crystals to come to you, to open you.
- Ask to be guided to the right places.
- Ask for the highest frequency of energy, which you can handle in this moment.
- Ask for images in your dreams, showing you what the new earth will look like.
- Ask for the power to position yourself.
- Ask for you to be given enough time to work on this project.

Above all, continue to ask questions. The question is asked when the answer is already known to you. All answers are already stored in your computer-memory. Now is the time to look for them. Put your inner computer to work. Search in your documents. Look for: the new Earth. 'Google' it, if you can't find it. Look for it. All answers are within you, and will sometimes also manifest outside of you. So within so outside. You are the visionary, you are the seer, you are the architect as well as the captain. You are the Maya, the Native American, the Aboriginal, the Atlantean and also the Lemurian. You are the co-creator of the new Earth.

Come, make a plan!

Chapter 5
The Plan

Can you already imagine it? You are going to build a house - or in this case a new holographic world. Three bricklayers are standing on the building site to help you. And they ask you where the plan is.
And you answer them that you don't have a plan. The men will look at you a bit confused and they will try again 'Where is the floor plan?'
And you say "Uh, I don't have one."
The men will turn around and leave. How should they know where to start? At which point? And how deep do they have to dig into the ground? Where will the pipes be placed? Where is the kitchen going to be? And the bathroom? And what kind of heating will be installed? Where is the electricity wiring going to be? And what about the water pipes? Where is your construction plan for the new Earth?
We urge you to make a plan. Leave nothing to chance; it is going to be a huge chaos. Create clear plans and inform everyone involved in the construction. You may wonder how to do this. Honestly, it is not that difficult. You already know it all. The memory is stored within you.
Now we ask you…

Do you wish to continue living in duality? No?
Do you wish to live in love? Yes?
Do you desire equality for everyone? Yes?
Do you still want a monetary system? No?
Do you wish to live under a government exploiting you? No?
Do you wish to live in peace? Yes?
Do you wish to experience beauty? Yes?
Do you wish to experience youth and health? Yes?

You see, that this way it is becoming a bit clearer what you want to achieve. Now you can dig deeper into every question. As an example we will look at the theme: experience oneness in the new reality. What does a world without duality look like for you? There will no more be huge swings between good and bad. There will no longer be extreme differences. Everyone will be more neutral and less emotional. People will no longer carry the burden of doubt and guilt. They will be much more balanced. Choosing is no longer heavy, because whatever you choose, it will be exactly the right thing. Good and bad no longer exist in this form. Everything is a form of good, which can sometimes be a bit less good.
Of course you can refine this and work it out in more detail. Do you have a vision? Do you see what the new reality should be about? Everybody already has it stored within, and now you are allowed to

remember this vision on a conscious level and to pull this remembrance consciously into this reality. You can discuss it with one another. You can exchange ideas, to be able to visualize it. You can now add the energy to it to confirm it, your creating power, your creator power. See the new. Be it. This creator power is pure power energy. It is your power, which will bring it about and which will make it happen.
Now something important comes up. This is to make sure, that all what is created, will be in line with the Divine Plan. The Divine Plan oversees all the plans in the entire universe. God, Goddess, Source, the Divine, has the omnipotence over all plans. Do not bypass this Almighty Divine. Ask guidance of the Almighty Divine, so that you will create the right design, which is good for you and for everything existing in the cosmos. Ask for your plan to be allowed to take its rightful place in the all what is.
Imagine, that you are going to build in your now existing three dimensional world. Then too, you have to work with certain rules. If you are going to live in a street where all houses are white, you probably will not build in red. Or if you want to build in a street with only wooden houses, you will probably adapt and build your own house from wood as well to boost the oneness and to stay in the right vibration, under the best possible circumstances.

With everything you create in your plan, you ask for permission of the highest good of All What Is.

If you only aim for your own highest good, the plan will be turned down and you may experience setback after setback. Always aim for the highest good of All What Is and ask for guidance. At the time of Atlantis much has gone wrong in this aspect and you would not want to repeat this mistake. With every step you connect to the grid of visionaries around the Earth. Bring your plan into the grid and ask for it to be implemented and for it to fit into the bigger plan. If it fits into the bigger plan, then ask for it to be confirmed by the grid and ask for help for the realization of the plan. Always stay connected, also with the souls crossing your path, who are equally working on the new plan for the new reality. See it in front of you. Talk about it and share how amazing it is in the new reality. See how you will live in beautiful houses, how you will dress and how you walk around in beautiful garments.

See the nature and feel how it is. See the animals living peacefully together. Notice entirely new species, which you have never seen before. Feel the atmosphere, sunny, but not too warm. Sense how you are feeling. Are you happy? Are you singing? Are you dancing? Do you experience harmony?

What is your new role? Are you looking forward to it? With who are you living there? Do you already know the other inhabitants? Are you happy? Do you look much younger? What about the colors? Are they more beautiful than on the old Earth? A vaster variety? Softer or clearer? Do you still feel fears? Do you still experience sadness? Do you feel pain somewhere or are you still ill? Do you have children or pets? Do you have a car? If so, which color does it have? Are the people nice? Do you feel at ease? Are you tired? Or have you never before felt in such good shape? Are your loved ones there too? Do you believe you will soon be able to see them? Do you have any desires left?
Do you feel free? Do you have any obligations or is there no more pressure? Do you still need to eat? Do you have friends? Do you have plans? Are you in love? Are you in love??? Who do you love? Everyone who is around you? Do you feel your heart, and do you feel your love flow? Do you feel passion; do you want to create? Do you know a lot? Do you remember your family of Light? Can you manifest? Can you make things grow or move with your eyes; teleportation[8]? Are you in contact with the deceased and can you see each other? Can you smell? Do you smell the flowers? Do you smell perfume or honey? Are you wearing jewellery? Do you have diamond rings on your fingers? Is there a lot of gold? And are there diamonds and beautiful crystals? Does telepathic contact exist?

All these questions help you to create more specifically. They make that you remember more consciously, that you reconnect with what also exists, but not yet has returned to your memory. Maybe not yet, but it soon will. The more questions you ask, the more detailed your plan will become. Let your fantasy do the job. The more detailed your plan gets, the better your design can be executed. This is what you are here for. Do you start to remember? This is your participation to the realization of the Divine plan, the plan for the new reality on the new ascended Mother Earth. Share this with everyone. If you have the intention to create this reality in this way, this is already enough. Hold on to your visions. It is so important. For you time has come when you read this. Take on your responsibility. Take on the role you have come to fulfil. Take on your power, because you will need it to be able to execute it.

Yes, you read this correct, take on your creator power. It will feel good; do it with passion.

Chapter 6
Power

Author: Meanwhile I have done the exercise already several times and my life has changed drastically. Many things crossed my path, of which I could only have dreamt. There has been so much synchronicity in my life, that I not even get surprised anymore. Or maybe that is not entirely true. The surprise has simply been replaced by a huge confidence and a magnificent respect for the grand perfection of everything. I almost feel like I am floating a bit above the Earth, but I feel more connected with the nature of the earth than ever before. The Hathors also brought sounds into my life. I have started singing Brazilian songs, which have been passed on to the people. Some of these are healing songs, which by Cura are called mantras. Cura means Healing, curing. These songs, which have to be sung in a certain order, are truly healing for the soul, and also for the Earth.
I hand you back over to the Hathors.

We were talking about power, a word, which evokes all kinds of reactions in you, both positive and negative. Power is important in your lives. You all have been able to experience both power and powerlessness in your lives. During your lives in dualistic energy, here on your Earth, power has often been misinterpreted and misused. By greed for more, power was used to disempower people. People can be so traumatised concerning power, that the energy of power can no longer be estimated at the correct value by everyone. Power is the energy needed to be able to create. You can have the best creator-qualities, but without power you will be creating nothing. Many prefer to hear the word force or strength instead of power, but power reaches further, much further; it is about mastery. Power is the condition for creation.
You have lived in lives, where power was misused in a very gruesome way. We remind you again about the civilization of Atlantis, which finally became your downfall, as you had used your power without approval of your Source. This has led to your destruction. Power in the highest sense of the word is closely connected with God-Goddess, your creator. Therefore use your power only with His-Her approval. When you use power for the highest good of all involved in what you want to create, you will mostly have approval.

Exercise:
Close your eyes, regulate your breath and whisper to yourself the word power. Ask your guides to accompany you, when you descend into the energy of power. Likely you will become fearful, as the word power can bring forth the memory of disempowerment. Unpleasant feelings may arise.

Maybe you feel choked or as if your breath catches in your throat. Maybe you will experience a profound pressure at your solar plexus, with memories of disempowered situations arising. Maybe you experience war, or rape, exploitation or sadness.
If you dare to, allow these feelings into your life and memory. Sigh through and do not hold on to them. It is unnecessary to intensely feel this pain again. Just face it. Sigh and let it pass by. Let your body rest for a moment before continuing. Sigh, sigh, let go.
When you feel ready to continue, again call the word power into your memory. See the word in front of you on a piece of white fabric and look at it as neutral as possible. Power, and now feel it again. If more powerlessness arises, repeat the steps and continue doing so, till you feel neutral and willing to feel power.
Possibly more lives will be shown to you. Lives in which you had power and did not use this power properly. You can now feel the pain you have caused to others by exercising your power on them. Maybe you have misused your power with regard to children or parents of those who depended on you. Go back in your memories, also into past lives. See it again, as a computer going back in documentation. Try to feel compassion for yourself in this moment and towards the ones, who had to undergo your misused power. Let everything pass and be merciful to yourself, forgive yourself for this. Let it all pass and do it in an appropriate way.
When you feel you are ready, again imagine the word power in front of you on a piece of white fabric. When you can look at it neutrally, see how the letters of power change into golden letters and try to feel positive thoughts over this word.
Now, and this part is very important, see the word love in front of you on this white fabric, also written in gold. Then, just like on your computer, drag the word love onto the word power and let it disappear in the word power, so that love is now connected to power. Look at the word power again, and now know and feel that the word has got new meaning for you.

Probably you will want to repeat this exercise a few times in the days to come. Each time you will see how power and love become one, you will get a deeper knowing of the fact that love and power are now inseparable. At a deep level you know that you will only be able to use power in the right way; namely with love, with the right vision and in connection with the Divine. When you start to remember that power has been used by you in this way, you go back to the memory of a magnificent time. A time in which you were able to work miracles. Ask for the memories of what you have done with this pure power. You had the power to create your own reality. As it were you could do magic and at a very fast speed. You will probably start to receive dreams about this. Just imagine all that you have created.

Have you created piles of gold or a nice glass of cold lemonade when you were thirsty? Did you recreate your own body? What did you look like? If you wanted to relocate, were you able to fly back then, or did you simply think 'I want to be there' and closing your eyes you were already there?
Could you imagine a brilliant white house and did it become reality? Do you have a sense for beauty and have you created the most beautiful paintings and artworks? Could you be in several places at the same time? Gave you given love to others and to yourself?

If you disconnect your attention from this, we would like to add something. Power is nothing without a few other important facts. You need to clearly know what you want to create and you need to have the intention to create it for your highest good; then you will be able to use your power.

Your own will is closely connected to you. But if you also connect it to your Higher Self, the will shall give you an even higher perspective. Your Higher Self is closer connected to the memory of all else which exists. Become good friends with your Higher Self and you will reach a higher level of your will and your memory. Call it Higher Will.

In connection with the Higher Will a new world opens up for you. Your Higher Will can want something, which you do not instantly have a memory of. In this way big surprises can come your way. Surprises you could never have dreamt of. Surprises, which you can then start to remember. After all everything is already available, even if you do not yet remember it yourself. Listen to your Higher Will and have the intention to devote your power in a positive way to promote new creations, attuned to the oneness of the new reality.
And then you receive the memory of lives in which you could do magic.

Chapter 7
Intention

Well, this chapter has significant meaning. So take your time if you feel this is important to you. We want to let you know, you who read this, that we have been following you. We are happy to see your reactions to this book. We are happy to see your auras light up while reading it, because you start to remember how important it is to remember what else exists. Everything already is, so also the new world. This may please you, because some of you might think that you then have not much left to do.Sure, the new world already exists, but now it comes down to: Can you see it? And can you function in it? How can you live in a new world, if you cannot imagine it? Will you go blindfolded and blindly? Is that what you wish for? Or are you going to truly see, experience, live, feel and further develop this new world?
What is your intention? That's what it is all about now. What is your intention? Probably you will truly want to see, experience and live this new reality. Therefore we now teach you that if you are going to ask your questions now, the cosmos will clarify your intentions. You again send out signals, which are again picked up by your new Guides and helpers, which have already been appointed to you. These Guides are not just Guides; they are ascended masters, who have themselves experienced the process on Earth. Who else could better accompany you, then them?
There are many ascended masters, but you only need one main companion.
Our messenger is in the meantime connected to her companion and has been assigned an extra role. She is an initiate as a connector, to get in touch with the best guidance. She works through designing portraits of ascended masters, to which she will add their energy.
Do you need more insights about Ascended Masters? Then take a look at the chapter at the end of this book.

Exercise:
Do you want to do this exercise with us?
Sit down and pay attention to your breath.
In your thoughts climb twelve steps, arriving in a special room of Light. In this room rest and love rule. You are in one of the rooms of Shambala, the residence of the Ascended Masters.
There is only one door in this room and you are looking at it.
You ask for your special Guide, the Ascended Master assigned to you, to enter through this door. When the door opens, look at its presence and you will instantly feel which master has come to accompany you. Don't get

distracted and trust that this is the right master for you.
When this master is standing in front of you in the room, speak the words "I am thankful for you being my master in the time ahead, to guide me, the Earth and humanity to the new world."
Say his or her name and ask him/her to assist you and to help you with the intentions you have.

You can then instantly set to work, but maybe it is a good idea to let it first sink in. You have now been assigned a special assistant on your path, who can express your intentions to the cosmos. These intentions are the result of your own will, which is connected to the Divine Will. Intentions lead to actions.
You remember that the old world still exists, while the new world is arising in between the ruins of the destruction. The destruction will continue, accelerated. The old world is going to transition. Your old physical Earth ascends, just like you, to a higher frequency-energy. It is as if she were on her deathbed and you are holding her hand, but she is not dying. She is leaving with her body, which is being cleaned and purified, and which is now becoming much less dense. She is going to ascend and it is your job to hold the energy of the new Earth, which is continuing in the fifth dimension. An amazing new hologram, built by you as visionaries. It is becoming an ascended Earth with you as ascended inhabitants.
We hear your questions, while reading this message. You wonder if you can all ascend at the same time? Who asks, already knows the answer. You may decide. What do you remember about this?
I will give you our vision, which by the way does not have to be your vision. According to our vision not every inhabitant of Earth will be able enter the new ascended Earth as an ascended inhabitant. Those, who do not ascend, will as it were be moved to a world, which will also be in the third dimension, where they can continue their path in a similar way as here. This transition of these souls will happen as smooth as possible and it is meant to happen in a way that there is no remembrance of the here and now. They continue living in that other third dimensional world and will not even have memories of those who did not come with them. This way they will not experience grief, feelings of absence or alike, or in the best case as a light or vague memory.
The people like you, who are now working on regaining their memories, who are claiming their Divine power and their intention to hold the new world in the frequency of the fifth dimension, will experience the new reality. In the near future many of you will awaken from their three dimensional being. This is related to agreements made before you entered this three dimensional world.

And contrary to the other group, you will transit as ascended beings and you will have your memories in tact and will therefore experience the possible absence of your left behind loved ones. Here we can add that this will feel in a similar way as when you would die. However, you will always be able to meet your loved ones in their nightly out of body experiences.
Back to the word intention. To have intention makes the big difference.
Intention is a determined energy, which is followed by a deed and this time not in a third dimensional way, where what you wanted to achieve through intention only manifested much later. No, beloved people, your intention realizes soon. So much is awaiting you. The power of your intentions will be of utmost importance. What direction do you want to go? Are you going with the ascended Earth, or not? Each of you will connect to its own remembrance. You will remember what your intention is. Many of you already know your intention.
However, many of you do not want to know what your intention is, because it is getting too close, and the change is sometimes still feared. I understand that this topic is far from easy for many. But a moment will come, that you have to remember, and that moment is drawing near. Each of you may soon be touched and will set intentions from your own free will.

This happens as follows. Speak this out loud if you wish so:

- I have the intention to transit to the new ascended Earth.
- I have the intention to collaborate to holding the new Earth frequency.
- I have the intention to remember what is to be seen and experienced in this new world.
- I have the intention to be a co-creator in this new reality.
- I have the intention to remember what needs to be done.
- I have the intention to remember my role.
- I have the intention to fulfil my role.
- I have the intention to let me be guided by my guides.
- I have the intention to truly dedicate myself to the Highest Good of everyone.
- I have the intention to … … … (fill in yourself)

With this intention, energy is already being created, which will lead to doing.
Our messenger is a bit tired by our words and we think about giving her a bit of rest. We will soon continue our sharing.

Chapter 8
Love

The topic of Love is next. Love is the necessary energy for the entire ascension process. Ascension without the higher love energy is unthinkable. We want to share our opinion with you.
Love is by many of you placed on a high pedestal. And the way you dealt with love was in a way that you were receiving love from someone else. By loving someone else a lot, and in return receiving the love from the other, was the way you could get this love. This is natural for you, as you have functioned in a dualistic reality.
How you have suffered through this form of love. And how you have created feelings of jealousy. Even feelings of hate and the tendency of murder you have sent to your beloveds. All the time you were depending on the other to generate your needed love energy. For many love was a form of possession, anchored in the person with who you lived. The other was your gold mine so to say. You worked yourself to death for one another (in your gold mines) and unfortunately you never got enough love (gold) in return. You confused love with holding onto or possessing, and believed that by giving love you could forever hold the other person with you. You made up games in which you blackmailed, pained and distrusted, all in connection to and in the name of your love.
We, the Hathors, are a nation highly evolved in Love. However, we are talking about an entirely different type of love, even though it stems from the same Source. We see love as a source of energy, to which we can connect from our inner self. A source of energy which is equally available to all and which is equally divided to all. There is no reason for jealousy, because everyone is having just as much. Also, there is no need for connection with another person to let this love grow inside of us and to let us overflow these love energies. This vibration of the highest frequency is our manna, our life energy.
We know how to deal with these energies within us in the right way and how to use them. Therefore we can function on a rather high level, from love, understanding, compassion and empathy. Of course we also want to exchange this love with one another, but this happens in a way which never causes grief or jealousy. Otherwise we would simply stop exchanging these high love frequencies. It is exquisite to share, but only if this is done in a respectful way, without power, force or manipulation. We live in a civilization where this is possible and you too can grow towards this. We can teach you a lot about this and we ask you to accept us as your teacher in this. We too have gone through the ascension process, even though this is long back in our memory. We are still every day grateful for the abundance of love

flowing through our bodies. Love is abundant and can never be exhausted. It is a source of joy and pleasure, continuously flowing from an abundant source. This bubbling love quenches us for as long as we have known and we warm ourselves on it like you would on gold, velvet or a warm bath.
Can you imagine, laying down in a golden bath, filled with liquid gold and that you nourish yourself in it? Can you experience it?

Close your eyes and see how this feels for you.
You are alone, lying in a big round bathtub. You have taken off your clothes and your eyes are closed.
The gold feels like satin and whenever you move, the golden liquid closes itself around you, warm and cherishing. You feel as if you are steeped in pure wealth, luxury and love. Deep inside you know that this gold is very valuable. And now you are lying here, in this liquid gold and your senses experience every touch of it. This sensible golden wrap around your being, delights you to the highest stage of ecstasy.
And you experience it over and over again..
You feel as if you could die on the spot from pure… love.

Yes, this is how we experience love. There is nothing distant or painful in it and there are also no old bad experiences of disappointment or pain, grief et cetera, as so often happens for you. It is also not over tomorrow. Instead it lasts for ever. There is no ending. This Divine golden love is what we would wish for you to experience. To have this experience you can go back to the memory of higher love, which is stored within you. Each of you has this memory, only some of you are blessed to connect with it sooner than others.
Take your time to ask the right questions to your guide and the cosmos.
And if you want to, ask for the memory to be experienced. Ask for what is surfacing within you regarding love. Nothing can keep you from accessing this memory… apart from the fact that you do not wish to remember. Many still experience pain over the word love. Many remember fearful moments of ended loves through loss or death. Many no more dare to open themselves to something which has caused them so much pain and grief. Your earthly love, however has undergone a polarisation. Love was in your world divided into love and fear or hate. And when you want to remember love, you also remember fear. Completely understandable and painful for many of you. However, we do not refer to polarised love, but to Divine unconditional love. This love is unpolarised. It only works in one direction, and this is the direction of the golden bathtub, filled with rich golden energy, which lavishes and pampers you. Ask for the memories of this specific love. Ask if it may come to you and replenish

you. Ask for this self-love, let it fill you and let it overflow you, again and again and again.
This energy is the energy we point at, and this energy may be remembered by you for your new reality. This is your nourishment and of this you live. The source is overflowing in all what already is and when you set this energy for the new reality, you will soon observe the changes in yourself. You will not be able to hold this energy for yourself; even if you would want to. You will feel this energy penetrating deep into you and through all your pores you feel it flow out as well. You will start to share these experiences perceptibly with others, as it is a cosmic law. This is a really beautiful cosmic law, as it is for the benefit of all what is. Imagine how you touch and touch everyone, and how you are being touched. If you have already experienced in your life that you have the gift to touch others, then it will only increase. Let your love flow and remember the golden bathtub filled with liquid warm gold, surrounding you and leading you to the highest sensations of pleasure and love. Your longing for experiences outside of yourself has got nothing to do with this Divine love within you. You only have to break open your own defence system to let everything flow within. And to let it flow from you to the other, effortlessly from your heart.

Breathe the golden love in and out through your heart and feel, feel… how you are being filled with gold. Now see what the world is going to look like with everyone in their own golden aura. Fill your auras everyday with this golden light and see how it impacts you. You will taste the love, smell it and experience it in total harmony with yourself… being in love.

Listen to your
inner voice.

It has so much to tell you.
Don’t put in any more effort.
Everything flows towards you.
Don’t force anything.
Be patient,
and act when you feel
it is time
to act.

Hathors

Chapter 9
Pain

Yes, yes, now we have arrived at a different topic than our messenger had thought.
(Messenger: I hear joyful laughter.)
This topic is not very much loved by you, but we do want to pay some attention to it for you. You, dear creators, architects, visionaries and seers would love to create the new reality, but you have a hard time creating as long as you are living in fear and pain. This has to get off our minds. Partly you are still connected to the dualistic energy of the Earth through the matrix9. You are also connected through the collective consciousness of the Earth to the rest of humanity. You are still living in the polarised energies and some may be more attached to them than others. But, let's face it, one way or the other you are connected to it all, also through your pain here on your planet. Pain has always been the sign of 'keep off'. Like back in the years, in your youth, when you burned yourself on the woodfire and it hurt; so you learned to never touch it again. You are still programmed to believe that pain can keep you from what you would like to achieve. Oh, make no mistake, we too still have the earthly pain in our memories. We remember our pain. And we not only mean the physical pain, but certainly also the pain in our heart, the pain in our soul, the pain of saying goodbye, the pain which can be so intense that people literally die of broken hearts. We have compassion for you and your pain. Every day we see your struggle and especially the pain in your hearts and the fears it brings up for you. We want to tell you what is causing this pain to intensify. We will share something which may shine a light on it. You believe you are all the same, that you are all humans and that you all feel and experience the same way.
No, to all of this our answer is: no. No, you are not all the same. You all have a different background. You all originate from different planets and constellations. You all came to this Earth with a different role and goal. Humans all have their own specific qualities and this brings us closer to the subject we want to share more about. You all have a specific role here. And it is your goal to again remember your role. But, back to the topic: pain of the heart. And here we also mean all emotions related to pain, like anger, sadness, fear, being hurt et cetera.
No, you are all different and more specifically, you all feel in a different way. You also feel the pain and emotions differently. Angel beings and fairies have incarnated in human bodies here on Earth with their very high energies. They live in a human body and on the outside it is often not visible how tender-hearted they are; very

sensible and sensitive, living from their crown chakra. There equally are souls from planets as Venus and the Pleiades incarnated at this time, carrying high loving energies, who mainly live from their heart. There are beings from Andromeda and Sirius. They are much more focussed on the mental powers and are a lot cooler in their emotions and love experiences, living more from the mind. And then there are those, who are purely focussed on nature, because they are part of the primitive societies, living from their lower chakras. Or those coming from planets with advanced healing techniques, who only incarnated to heal others with the insights related to their specific energy. There are beings here in human form, who came to help enlighten others, or to make them laugh and happy. Equally beings with reptilian[10] energy incarnated and they live among you as humans, living from their third chakra to have the power, to gain control and to battle without love.

Every planet, every constellation has its own specific energetic blueprint, which you brought to the Earth. This blueprint is present in your energetic body and cannot be erased. It is part of your experiences in all these countless lives, and at al the many places where you have been, where you have experienced. Through this everyone also has a specialization, which you bring to planet Earth with every incarnation. Probably your goals were the same in every incarnation, to deepen the experiences in this specific aspect ever further, as to become a true master in your specific field of learning. Everyone has his/her own specific goal to work on and you cannot or just barely remember it. That is why you assumed that every one of you is the same and carries within the same background. After all you look almost the same. This resulted in a lot of incomprehension between the people of Earth. You believed that everyone would experience everything in the same way.

In the meantime you became aware of this not being true. The love, which is the most important energy, was thus also experienced in different ways. Fear was experienced in different ways, just like pain or sadness. One learns by doing, we would say, as lifetime after lifetime you started to see that everyone reacted completely different to the same kinds of situations. This has caused much incomprehension for one another. You have discriminated over features, like skin color, but your blueprint, which was invisible to you, has caused much less trouble, as you could not physically see it, only energetically experience it. The body, however, was just a packaging, a packaging in which entirely different beings can live.

This blueprint is visible for astrologers or for the energy readers among you. Your blueprint shows the differences between you, or it shows the similarities between souls. It shows the specific role of humans or a character feature or a specific kind of power or character.

However, this was hard to distinguish for you, unless you connected with each other on a deeper level, like in a love affair or a profound friendship. Then the differences truly became visible. Of course you used your attraction and you resonated on the similarities. This often resulted in calm satisfying relationships with few ripples, yet also with few possibilities for growth. You equally attracted the people who have opposing qualities, even more so, because you can learn the most from someone with opposing qualities. Through this you believed, you could together feel more whole. However, this is a dualistic belief, not one of the energy of oneness. Seen from the point of oneness, everyone is already whole in itself. There is no need to be completed by someone else. Relationships primarily came into existence from attraction with feelings of love and passion. The persons were at first full of each other and passionate. The love provided beautiful intimate feelings with each other and moments of heaven-on-Earth. However, after a while the differences became noticeable and in the end they became insurmountable for you. Your blueprints often differed so extremely. You developed kind of a mechanism of pain at every difference of opinion in your relationships. And this happened above all in relations with opposite kind of emotions, while you experienced the same. You felt each other's pain bodies through the pains you caused each other, by rejecting the opposing qualities. Your love then soon cooled down and you went into the phase of denial. The phase, which by both of you could be experienced as extremely unpleasant, and which for sensitive people, who vibrate on the profound feelings of experiences, could be perceive as an extra deepening within this. Finally, we notice, that couples often break up afterwards, because they do not dare to face the pain. They believed that the love was over. They no longer wanted to grow together; maybe it had become to difficult and too painful?

Pain, dear humans, is our subject for today. Pain, however, is an illusion. But unfortunately, where one could die from pain, another one would just shrug. Those, who feel profound pain, and who worked through emotional traumas, also were the ones, who knew that transformation within themselves was needed to move through this pain. They slowly but surely remembered that this deep pain could open their hearts. By opening their hearts, which is currently happening to many of you, it is possible to let the unconditional love energy enter here on Earth through you.

Those bringers of higher love - many of you who are here now - are in fact transformers of pain and have their role here on Earth now fully taken on. This is only just the beginning for them, as now they will extend their job by also touching other humans with this higher love energy. The goal is to clear out all the pain together, or to transform

it. Pain causes that humans are not capable of vibrating at a higher frequency level, the level necessary to be able to create. Pain and fear for more heart-ache, can keep you anchored into lower energies, including being anchored in the third dimension. So, when there are energies, like emotions of fear, sadness and pain, then these are energies to be transformed, so they can be released in love. Embrace your pain and make it clear to yourself that pain is only an illusion here on the Earth. You are the creators of your own life, and the creation of pain is entirely coming from the fear of being disconnected from love. But, you are not disconnected from love, especially not from the unconditional love. You have come close to the point of regaining the memory of having lived through separation, and now it is finally time to release this. You will have to continue a little further on your way, and old intense feelings of separation may need to be experienced to the fullest one more time, to then truly be able to go beyond it.
This entire process is happening now. Those who recognize themselves in this, who have endured the 'path of pain' and who have opened themselves to the highest love can now apply this love in their lives. Many of you are already the true transformers, who seem to touch others with their higher love frequencies. This to help the other in releasing the pain. You are not always given thanks for it, but know that it happens from love. Feelings can be extremely intense, so respect the other person's feelings. Profound feelings are part of the human-being and serve to be able to feel with love. Disconnect your illusions of pain from the lower love and feel how true love starts to flow. How it warms you and how it makes you bloom. Know that by opening your hearts, and by connecting to the Christ energy of unconditional love, you are more connected to the Source. Open your heart and let the love energy flow. And know that who creates from fear and pain, will attract the wrong. However, who creates from joyful love will soon see result in the form of positive changes on his/ her path in the new world.

When you moved beyond your pain and have experienced how love flows, than a shift happens in your lives. You feel more and more synchronicity in your life and your power increases faster. And this will serve you in the process.

Chapter 10
Your role

We too are Ascended Masters. We have lived on your Earth and have transitioned to a new reality. We have experienced the process of going through pain and through this we have been able to ascend. You can compare it to the pain of Jesus Christ on the cross. We had the advantage of being a collective race with a same blueprint. We were able to comfort each other and to appreciate each other for living through the profound waves of pain. We worked with the Goddess energy and learned to develop and deepen compassion and empathy. We discovered sound and color as healing for our pain body. For you this is often different, as the people with who you live, often have an entirely different blueprint and do not always realize how deep the other feels.
Jesus has suffered too. What you saw was only the outer layer of pain of being crucified. However, it was his inner pain which was so intense. He too has gone through the pain and the fear of being able to ascend. This is also meant for you. This way you are able to open your hearts and to let the True Divine Love energy flow through you to move beyond this third dimension. All of this is now present in your perception. Who else could better take this on than you? Many have already gone through this process and feel the mercy of Divine energy supporting them. Turn to the Divine Mother Sophia or to our Hathor Goddess and ask them for the energy of mercy. And finally, even though this may sound harsh, you will realize that everything is illusion, even the profound pain. We also ask you to call upon the Ascended Masters during these processes; they will help you to take care of your hearts. When you seem to get back to your feet, like your predecessors such as Jesus Christ have done, you arrive to a higher state of consciousness solely by having gone through the process. And through this you will faster start to remember who you are and what your role is for the new world. This is an important moment, as you as architects all have your own specific role to take on. We will help you a bit to remember. Of course it is recommended to send out a call into the cosmos with your questions.

Who am I?
Where do I come from?
Which role is mentioned in my blueprint?
How can I best be of use for this Earth?
What is my role?

Your role will soon become clear. It is a topic which will not really be

surprising or new. It is a role of which you will say ‘yes, actually I have known this for a long time already.’ We make a breakdown of your roles and ask you to feel what resonates for you. Ultimately you can feel attracted to several roles. This is not about putting yourself into boxes following the principle of duality. It is merely meant to be a kind of ordering, to offer a guiding principle.

1. *The light bringers*

People who are the window of the heaven, to pull Unconditional Love through this window into the new reality.

1. *The energy keepers*

The people who are energy and frequency keepers of the new energy.

1. *The gate openers and welcome givers*

The ones offering help to new souls to enter the new world.

1. *The oneness creators*

The ones taking care of a calm transition, helping you to be more neutral and to judge less. They also have many experiences with fear and help you in the process of letting go.

1. *The creators and protectors of nature*

People who create and bring about in nature; in a way which is totally refreshing. Animals and humans will live together in peace.

1. *The creators of society*

The people who create and bring about in the new society, where respect for each other’s individuality will conquer.

1. *The teachers*

The people giving tuition to those who wish to learn. This happens with much respect for one another and in the right adapted way.

1. *The managers*

The people who will lead and who wish to manage for the highest good of everyone. They set the new lines with respect for everyone’s opinion.

1. *The beauty creators*

The people who hold beauty and create in beauty, such as artworks touching people or clothes which make you feel happy.

1. *The healers*

The people who will heal others and who teach everyone to heal themselves and to learn to keep a balance in their body and life.

1. *The guides or way showers*

The people who assist other people and who look after them on their new life path.

1. *The supervisors*

The people who oversee that everything is working well, that everyone is in the right position and that everyone is valued.

1. *The creators of sound and color*

The people taking care of sound and color as being a Divine connection with all that is. A vibrational frequency for healing, growth, harmony and consciousness-raising.

1. *The balance keepers*

Those who make sure that everything and everyone can maintain the right balance to allow for peace, order and calm to be kept.

1. *The animal lovers*

People who befriend animals and offer support.

1. *The architects*

Those who design a new and practical world, as the foundation for the creation of us as creators.

1. *The dividers*

The people who oversee that everyone is equal and receives equally et cetera.

1. *The happiness bringers*

The humans who laugh, who have fun and who make others happy and lift them up with their joy.

1. *The priests and priestesses*

They who accompany you in your Higher Spirituality.

1. *The child herders*

Those who help children and assist them with learning and life and help them develop their path. They assist in exploring each person's gifts and in connecting them to their passion.

1. *The soul caretakers*

The humans taking care of the wounded souls, who need healing. They offer insights, consciousness and rest.

1. *The health guardians*

The people who take care of a healthy atmosphere, healthy food, a healthy lifestyle et cetera. Everything without force and with great respect.

1. *The inventors*

People who take care of new developments and all kinds of inventions for the well-being of humanity.

1. *The messengers*

People who bring the messages and make sure they are delivered honestly and in a respectful way.

1. *The love bringers*

People taking care of relaxation and love, and who always bring this in a different way as a blessing for your heart.

1. *The artists*

Those bringing healing through music and art. They take care of the new frequencies of oneness and light.

1. *The Source connectors*

Those who always make the world more beautiful in deep connection to Source. The make sure everything follows the cosmic plan.

Chapter 11
Goddess energy

We as Hathor-people, who came to your Earth to live here in this reality, have never been separated. On a high level we remained connected to our brothers and sisters, who are spread over multiple planets. We also have not truly lived in a third dimension. We lived in a material world at the level of the fifth dimension. We created for ourselves the possibility to gain a lot of experience here. We lived close together and in good connection. We had strict rules, including that we would not mingle with nations from other planets living in human form. We were very much connected to our Goddess Hathor, who accompanied us on our path. This Goddess energy was the guiding principle in our lives. We honored her and lived in a state of Higher Love. Yet, we too were distracted by the third dimensional reality surrounding us. We have tried to lift the Earth as a planet to a higher energy of empathy and compassion. We highly value refining, empathy and fertility in many ways. All female qualities, which are practiced by our men as well. From a matriarchal rule we lived in peace and have in fact delivered the proof that this is possible even in a dimension, divided in polarities. When dualism closed in on us and started to disturb our peace, our people have ascended as one star race.

You people, have since been under patriarchal rule for centuries. The goddess energy had been entirely wiped out from your planet. A certain star race has been able to achieve this and all of you have contributed to this, under influence of their power. Divine energy was recognized, but only the male Divine, not the female Divine. The more the divine energy in earthly form was portrayed as a male energy, the more the goddess energy became suppressed. No equality was possible in your lives; no balance and no neutrality. This was all due to power and greed, especially brute male power. This power led to disagreement and struggle, to war and blood shedding, to rape, to poverty and to profound emotions of pain and sorrow. It has caused you a lot of trauma and it has left deep wounds. The women have not been allowed to develop themselves. They were kept out of church and spirituality, and even their feminine qualities like loving affection and mother love or fertility were pushed away or only abused. Their empathy and spirituality was sometimes literally burned out.

But, women may have refrained from showing their feminine qualities, but on the inside they have maintained their own ‘temple of femininity’. This could not be touched by any power. Women have through the centuries managed to keep their Goddess energy alive. They are literally the ones who have made this dimension survive.

Women kept balance through connection with other women. Through love, compassion and empathy they kept the balance with regard to the often powerful, sometimes even destructive masculine energy. The minority of special connections on Earth, between a woman and a man, who accepted each other in love and who truly respected one another, are the connections that allowed this Earth to survive. We hereby note that these special connections have been rare, but regardless they made the difference. These meetings have worked wonders for your planet, as they merged God and Goddess and kept the road open to tangible oneness. We refer to special 'Romeo and Julia relationships', who have been characteristic during many eras.

One of these relationships is known as Sjah Jahan and his wife Mumtaz Mahal (AD 1600). As a tribute to his deceased twin ray the Sjah built the famous Taj Mahal in India, which has served as a beacon of unconditional love for many of you. Also thanks to this you can now again fully embrace this Goddess energy in your lives. The masculine as well as the feminine energy is needed to restore your duality, or the world of polarities, to a renewed balance. To achieve this each energy needs to be fully merged into oneness. None of your energy may go lost.

This is why we ask of you to make yourself whole again. You can achieve this by fully accepting yourself in all that you are. Accept both your light and your dark sides. Accept your love, but also your fear. Accept your power, but also your powerlessness. Accept your inner peace just as your unease. By fully accepting yourself, including your shadow side, all your split up energy can reunite to a tangible oneness of energy. Let go of judgement, including the judgement of yourself. All is well.

Goddess energy is the part of the Divine energy, which has been denied by the group of rulers, who all stemmed from the same bloodlines throughout the centuries, and who do not wished for you to return home. They have longer than necessary kept up the game here on earth and you have been suppressed and brainwashed (mind-control11), as a sacrifice for their longing for power and money. Those, who have exploited you for gold. Yes, you read this correctly, gold. This is the energy needed as a means of connection or payment for other planets; planets in need of this gold dust to survive. It is as a kind of nutrition for them, and therefore this gold substance is essential for some planets. Your rulers have invested all of their money in gold, gold, gold, gold. We talk about shiploads of gold. For them gold is as important as love is for you. However, they are lacking true love. They mistake gold for love, but they miss out on the connection. So gold is only a substitute for love. Gold conducts the

energy of love, like electricity cables conduct electricity. However, what is an electricity cable without electricity? Nothing, unless it gets activated. Love is the activator, your love power, respect and purity conduct this love. That is why you are granted to experience love in a bathtub filled with gold substance; you activate this gold energy through your inner love power. The big rulers on your Earth do not have love or purity. They believe they can get by by owning all this gold, by hoarding it up in large warehouses and by waiting for the aliens to come and pick it up. The 'greats of the earth' expect to be greeted as heroes by the aliens, but this won't be the case. These beings - I am now referring to a part of them - are just as cold-hearted and immoral as your rulers (owning the piles of gold). Those, who are the most powerful here, have suppressed and exploited you to gain possessions. You are the ones who have been poor, suppressed, brainwashed and mind-controlled. All of this happened so that your rulers could become richer and richer, amassing more gold. We are talking huge quantities of gold, and again gold has no value without the activation of love itself. They, the rulers, however, are like plants unable to assimilate and therefore need to steal the ready product (love) from other plants (harmless humans), as true parasites.
But people, again, they may have the gold, but they have nothing without love. And among you there are who now live on an extremely high level of love energy. You, who have already connected to the Christ energy of unconditional love are the true channels, purified and refined, prepared to let the high love vibration of the higher dimensions flow in, and to let a true cloud of love wash over your planet. Through this vibrational frequency[12] you can be lifted up to higher dimensions.
But what are rulers without people to rule over? They want to have control over you and enjoy your fear as this is their nutrition.

This pure love energy which you are radiating out to help enlighten the planet, is also what scares your rulers. Love could possibly touch them as well and they could get infected with it. Then, the meaning of their power would cease to exist. Instead they prefer to hold on to power and money and their hope for immortality.

Chapter 12
Immortality

What is all this about, you may wonder. All of this is about immortality; this is what your great rulers run after. You yourself do not have much knowledge about this, we have realized. But this is what is alive in a group of people on your Earth. Those, who do everything, yes, literally everything, to stay young and become immortal, to live in wealth and to enjoy the abundance in their life. No more having to die, and through this being able to live with power and luxury and to enjoy it. They take big risks for this, as in fact they also have to fear each other.

You truly only know half of what is going on behind the scenes. And it is better this way, as it would scare you, when you knew that there are beings walking on your earth, who do not at all know love, who do not have any respect for life and even less so for you humans. For centuries and centuries they have ruled your planet and no-one has ever put the slightest obstacle in their way. They had freeway and they have in the background functioned as your leaders, ruling from the ongoing creation of fear for you humans. In a way you were made needy through for instance loans or through protection against so-called terrorists. And from ignorance you chose them to protect you. But this game is coming to an end. They know it and they resist it with all of their power. Be aware, a lion in distress makes weird jumps, and even if these are their agonies of death they can result in some truly nasty things. They represent the darkness on this earth. They are the darkness and you my dear readers are the light. As you know only light can conquer darkness.

What these rulers fear most is for you to shower them with love and light. In fact it could transform them and this is exactly what they are afraid of. Imagine what could happen. They could enlighten in your light and never have power again. They could become loving beings, equal to you, what is their worst nightmare. The best chance to not be enlightened by your love, is to attack. Their best attack is to act like monsters; to show your most dangerous side and to roar like a monster. This will make everyone afraid. And where fear is present love cannot rule. The harder they scream, the more dangerous they look to you, the harder you will run and the bigger their chance to continue their escapades.

Do you understand, dear humans, where we are going? We ask of you to purify yourself ever more, so that you are pure channels to download light and love in yourself and on your Earth. We ask of you to be prepared for when the dark starts attacking, which in fact is already happening. Do you feel the stricter control? Do you feel that

slowly but surely your rights as a world citizen are stripped from you? Do you feel that they are trying to spread fear with all kinds of pandemic stories, and that you are kind of forced into dangerous vaccinations? *(And the financial crisis caused by them, how much fear won't this cause for many? - sentence added in 2012)*
We ask you to not show any fear for the monsters that will come for you. We ask of you to stay in your love and to keep shining your light as a personification of light and love. Light and love you are, weapons of light. You are in this way capable of conquering the dark, and to integrate the dark and from there transform it on this planet, so that everything, literally everything, can transit to the next dimension of planet earth. Imagine what this means. The new reality which you will enter, is one where dark and light are again integrated and brought into oneness by means of synthesis. All energy will be in oneness and you will be surrounded by love and light. This is what a large group of you strives for. In fact you have evolved so far, that you are ready to take this step. With this you are aligned with the Divine Plan. You are the architects of this Divine Plan and it is up to you to activate the plan. It is meant for you to receive more information about your world and how it is ruled by your leaders, who often did not serve your best interests. You were too trusting. In a way you were blinded, unable to see the reality. However, you are now waking up, also with regard to the world stage and to what is going on in terms of measures installed by your leaders; supposedly to protect and serve the people. Stay alert and use your discernment. Therefore we ask you to widely open your eyes and to truly start seeing. Ask your guides, the Ascended Masters and your God-Goddess:

- Guides help me to remember to truly see again.
- Help me to remember how to sharpen my discernment.
- Guides help me to clearly know, feel and hear.
- Guides help me to remember how I can function on a high level of service to my fellow-humans and to God-Goddess.
- Help me to use my Higher Love as a weapon of Light.
- Help me to use the Light sword of Michael in times of need.
- Help me to transform my fears to love, and to let it flow.
- Help me to become a light warrior of God-Goddess and for me to carry the cloak of invisibility for them, who do not have my best interest at mind.

You will now be able to use your discernment, just like when you are reading our messages. This is good, it is even important, as you have been fooled long enough. You will again have to learn to think for yourself, after all this brainwashing or mind-controlling you have experienced. You will again need to learn to use your discernment.

This is not done with your mind; or in fact you can use it as an extra tool. Primarily you will use your heart. Connect to your heart, look at what is being presented to you and feel. Do you feel peace and love? Or do you feel fear? Do you feel truth in the words? Or do you feel resistance? Do you feel recognition towards the words? Or is it nonsense? You are the one carrying the answers within. Of course you are still fearful. After all you have allowed yourself to be cheated on for centuries. The question is, why have you allowed yourself to be fooled? It is different for everyone to answer this.

- Some allowed to be fooled because they did not want to take on their own responsibility.
- Some thought it was nice and easy to do what others dictated; a kind of laziness.
- Some just did not want to stand out and went along, because others did so as well.
- Some were unable to protect themselves, too weak, too dependent, too poor, too blank, too stupid or too lazy.
- But most people simply were too trusting.

There were many motives. Do you need to give this more thought? I don't think so. The past is now, and now is the time to change it. This is what is being asked of you. Now stand up for yourself. Have enough self-respect to stand up for yourself and to unite with your friends and kindred souls. Unite and stand strong together. Never, no never before, has the time be so ready on your Earth, as it is now, to see through everything and to turn the tide. Love is the biggest power in your reality as in all other realities on all planets and in all dimensions. Even the assumed absence of love contains love, simply because there is no other option. The absence of love as it exists for some inhabitants here on earth and for inhabitants on planets like Nibiru13, is merely a part of the game being played. Love is always present and accessible for everyone. The absence of love, for instance with your leaders, is something which they have deceived themselves into believing. They too are connected to love, but they look for it in gold, which is only a substitute. They are still searching outside of themselves, but even in them it is already present. They just have to connect to it and that is exactly what they are afraid of.

Be willing to see that your leaders are also manifested parts of you. Forgive yourself and send love to those parts in yourself. We told you before that everything is allowed to return to the oneness, everything.

Chapter 13
Emotions

What are emotions? Many of you will benefit from our lessons about emotions. It is necessary to give you more insight in how the game on your Earth is being played, but of which many of you are not aware. In fact emotions are your physical reactions to your feelings. Feelings and emotions are a specific gift of the earthly human. Other realities do not know this, at least not to this extent. You are all different and therefore do all react differently to your feelings. We have already pointed at this.
The highly-sensitive among you are suffering the most of feelings and emotions. Emotions are through the emotional body connected to your physical body. Feelings of pain, sorrow et cetera are sometimes intensely felt through your body, resulting in physical reactions, touching you deeply, even possibly turning you entirely upside down. Strong emotions can lead to nervous breakdowns or bellyaches, or even cause heart or cerebral infarcts. It can take your breath away, leave you in tears or cause body aches. Whenever you are sensitive and experience a lot of feelings by what you go through or what you pick up on from others, this makes you extra vulnerable. There is nothing wrong with vulnerability. It contains a special power. Showing vulnerability asks for courage. Never underestimate the power of the vulnerable or sensitive, because this is a silent, hidden and always present power. Many vulnerable humans are high light beings, who have come to Earth. When people feel profoundly and their feelings are so powerful that they are being expressed through the body, through emotions such as crying, screaming, cramping, moving in pain, running away, pushing away, collapsing et cetera, it means being in a kind of danger zone. At that moment the aura surrounding the human body is weakened. It is as if you pull your energy from your body. The person or soul living in the body is at such a moment not alert enough, as to say. This is mainly caused by the fact that this soul experiences these emotions in such a profound way that it more or less retracts itself from the physical body. Purely to protect itself from the intense bodily reaction to these profound feelings. The body is then no more grounded and is vulnerable. At this time of this unprotected aura the body has become an open area. An area where light has left, allowing the so-called dark entities free entry. By retracting your light it is now easy for these energies and entities[14] to kind of break into your body. See it as an empty house, where the inhabitants have hastily left, leaving the doors and windows open. Everyone noticing this, and in need of a house, will curiously go in to see what is left for them. What can they take from

you or bring to you?

- They can steal your remaining energy and suck it up. The result is feeling a heavy tiredness as your life energy is taken from you.
- They vibrate along on the emotion felt in your life. Is there any fear in your body, then fears of others will be attracted. These can be fears of people from all over the world, but also the fears of entities (spirits of deceased ones). These fears attach to yours and are left with you. They then intensify your fear, as well as your sorrow, your pain etcetera.
- Entities grab their chance to house in a body again, to see through your eyes, taste through your mouth, hear through your ears. They use your body and are not always easy to get rid of.

There also exist energies or entities, actively waiting for you to leave your body overwhelmed by your emotions. It is they, who are capable of creating an argument with someone, for you to be in intense pain. They consciously harm you. They work through other people in your surroundings, play on them for those people close to you, to cause you severe pain, for you to leave your body during an emotion, so that they can possess you. What do these entities want? They want to control you. Do not underestimate this. They want to scare you. Through this they gain more power over you and they quench themselves with your pain and sorrow. Dear humans, the sensitive ones among you, who feel deeply and experience emotion faster, are a source of nutrition for these entities or dark powers. These dark powers have themselves disconnected from the light through their seventh chakra15. Yet, light is their life energy as well and they need it to be able to reside here on earth, just like everyone else. That is why they take this nutrition from the vulnerable people in the form of their life energy. This stealing of energy generally happens via the solar plexus. It can turn these people, who are sensitive and generally carrying a lot of light, into a wreck. It is as if these people become shadows, living her on earth, but barely able to stand. Rarely are they aware of what is happening to them while they slide down in society, the tramps, the border liners, the psychiatric patients, the chaotic people, those who are restless and tired, the highly sensitive ones, the aggressive ones et cetera. It happens that people eventually burn-out or experience the chronical fatigue syndrome. People can physically weaken or end up being kind of possessed, even being pushed to all kinds of crimes under the influence of these powers.
To many of you this may sound strange. Now that you are in this end-time of your earth, the dark is more often on the road to contact those

among you, who are highly sensitive and emotional with a higher vibrational level and through this with a high level of light.
We want to give you some tips to recognize this and to deal with it. There is nothing to fear. You just have to remember.

- Be aware of yourself when you experience an intense emotion. Continue to breath well, stay connected with your feet on the Earth.
- Stay present in your body and if possible, send your energy to your hands and feet and feel your presence there.
- Automatically put your hands on your solar plexus and intent to close yourself. This way an important entrance has been closed.
- Another important entrance is in your neck at head height. Also intend for this one to be closed.
- Bring your attention to the emotion and allow it to be as much as possible without losing the connection to your body.
- Say a prayer for your own protection.
- If you don't know a prayer, maybe say the following: I am love, I am light, I am connected to God-Goddess, I am Divinely protected and guided.
- When you feel your emotions rise, it means that the emotions of others (entities) have attached to your feelings and are intensifying them. Then move on to sending away whatever is not yours. Say: Only that which serves me, comes to me, everything else is going to the light.
- If you do not calm down and your emotions do not ease quickly, stay as calm as possible and put yourself in the light time and again, and intent for you being the only one living in your body. Consciously bring your energy into your body. Everything else is allowed to go to the light.
- Be aware of who in your surroundings causes your intense emotions and point out to this person that he/she is probably being manipulated to do so.

Be more aware of how your profound feelings develop and be more prepared for emotional situations. Also bring it to the attention of others in your surroundings dealing with this. Do not underestimate this problem. Take it seriously. This is a very important role for the near future, when humanity is being suppressed more and more. The enlightened human is a threat to these beings and to the powerful ones on the earth who want to continue ruling the earth and shape it to their ideal image. They know how to play the human like no other. They are themselves entirely emotionless, as they have no feelings. They are cold as reptiles and are therefore also called the reptilians.

As a result they can go a long way in their power and treat their fellow-humans without any respect. They cannot be touched by pain of anyone or by any other type of feeling. Love is not part of their dictionary. Only power counts. Power, money, gold, immortality is what is important to them. Yet, do realize that they too are a part of your oneness and be willing to see that they too represent a part of you. Therefore not just reject it, but realize that this behavior is continuing as long as you feed them. Therefore, from power and love from a group of people, send them light and love to transform.
After all love transforms everything.

In the near future many will need this information, so please share it. Many energies will be used to keep you down in fear. Be aware of not being distracted from love and ascension, as that is what they count on. When your attention is being led in a certain direction, make sure to also watch the other way. Because it is then that they want us to focus on something else. Stay focussed, also for the loved ones in your surroundings, so that you can support them when they need it. Those among you, who master their emotions well can assist their loved ones. The sensitive ones among you can guard themselves by placing light domes over themselves. Clean your energetic body and your home daily and stay focussed. This all has the intention to protect you. People, this is a game, a part of the game being played out. It is part of it, but see it and take advantage of this information. Many of you will understand it and sigh 'Oh, this is how it works'. Protect yourself and others as good as possible. The game is almost over and this is part of the end-time. If this information does not resonate for you, then let it go in love, while respecting other people's opinion. Also in the times of Lemuria and Atlantis the battle between light and dark happened. Connect to the God-Goddess and stay in the light. This is your highest protection. The more light you can absorb, the better you are protected by the light. Light namely consumes all dark and through the light these beings or energies will be sent to where they need to be. We want to mention that this often only happens in a certain time of your life. It can be connected to the transition to the fourth dimension, where many of these entities live, who cannot move on to the Light. This is only part of a certain phase in your life and it is over once in the fifth dimension. Therefore it is only about recognition of what is happening and your intention to send these beings to the Light, where they will transform, by sending them love and light.
Knowledge is power and with the knowledge you are empowered. Even if you feel weakened and when it looks like you have no strength or power, you can set some kind of intention from your will. Intend to

continue to shine your light from your heart. And know that this light protects you and that nothing and nobody can touch you.

Panicking doesn't help.
Rejecting does not help.
Musing about what isn't
serves little purpose.

Worrying doesn't help.
Avoiding doesn't help.
Burying one's head in the sand
does not serve a purpose.

Focus on your inner love.
Centre yourself in your heart.
Be willing to act
for the highest good
of Humanity.

Now, who are you waiting for?

Hathors

Chapter 14
Power

We are about to reveal a secret. Possibly, after having read the previous chapter, you may feel that you are weak and at the mercy of invisible dark energies, attacking you. The secret however, listen closely, the secret is: your incredible power.
Unfortunately only few of you have been able to fully discover it. Your incredible power; we tell you about it. For this we use a special language. We tell you about the special Divine bird in your hearts, called Quetzal16. At least that is how we call it. It resides and lives within your heart. It moved into your body the day you were born and it stayed there. It stayed, but often had to survive in difficult conditions. It lives in your heart, but in most people it is more dead than alive.
Quetzal is a very wise bird, who built its nest within you and gives you something truly beautiful. It gives you the connection with the Divine and it is pure power. It takes care of you, divines you and you feel wonderful, when you are born together with Quetzal. Your parents and family are delighted over your birth, and they feel Quetzal within you. You make them truly happy and Quetzal makes them happy. They want to take care of both of you and they want to please your Quetzal, the Divine.
Young children are aware of Quetzal. They feel free and worriless. Soon they start having their experiences on your Earth, things happen hurting the heart. And every time you experience pain you pick up a brick to build a wall around Quetzal in your heart. You do this for reason of self-protection, at least that is what you believe. Because your hearts are hurting so much every time it is being damaged in life, you feel the need to shield yourself. Quetzal is coming under pressure. It is feeling anxious within you. And this anxiousness is only increasing. Quetzal tries as good as it can to survive in his Holy space of your heart. Your heart is the original home of Quetzal. Some brave ones among you continue to experience Quetzal in your heart, but through all the pain, fear and sorrow Quetzal is locked up in stone. It is no more visible nor tangible.

If you dare to do so, join us in this exercise.

Close your eyes and focus on your breath. Bring your attention to your body and send your breath to every part of it. Breathe in to your legs, breathe in to your belly, breathe in to your head, breathe in to your arms.
Feel yourself being filled with your own breath.
Then bring your breath to your heart. See you heart and breathe lovingly to

your heart. Say to yourself: "I breathe for my Quetzal, my connection to God, for it to come alive again."
Continue breathing and wait to see what happens. Breathe to your Quetzal and maybe feel that it is still there. Can you see it? Or do you only see a thick stone? Can you see the thick stone slowly beginning to show cracks through your breath? Continue breathing and observe how the stone is cracking open.
See how the stone disappears like snow in the sun, and look if you see your Quetzal. Quetzal is a beautiful bird; the spirit of God-Goddess. It has a lovely wise look and even if it looks battered, Quetzal can never die, it is immortal.
Continue breathing and let your breath flow into Quetzal. Let Quetzal slowly recover in you. See it recovering minute by minute. Connect to it and tell that you have freed it. Tell that it is allowed to live in your heart again and that you will watch over it. Tell that you share your breath with it and continue breathing with attention a bit longer.
Feel the Divine within you and connect closely with it. Quetzal is your incredible power; it is your Divine channel.

As soon as Quetzal is back to life in you again, it will be noticed. People will fall in love with you again, like when you were that little baby. People want to be close to you and touch you. The Divine in you has awakened and radiates out through all your pores. Quetzal becomes more and more tangible every day, for you and your surroundings. When Quetzal has recovered within you, the Divine power in you has been restored. The sensitive ones, who feel so much here on Earth, have gained much more power through the awaking of Quetzal. They will be less likely to leave their bodies, even if they experience intense emotions. Quetzal is much more powerful. Quetzal makes you feel worthy. Quetzal says that you are important for the Divine and for the Earth. Quetzal gives you a feeling of self-worth and that life is worth living. Quetzal divines you, and even while this has always been true, you are now again aware of your Divine connection. Quetzal also connects to other awakened Quetzals in the hearts of humanity. Connections are being made through Quetzal. It is the link of God. Its sounds are a feast for the ears, when you awaken. It honors you with its energy whenever you think about it. It gives indescribably beautiful colors to your heart, and radiates them out through your body. Quetzal connects these colors to the colors of other humans and connects, and connects, and connects.
Whenever the Quetzal in you is close to young children, the Quetzals of these young ones spontaneously awaken. After all they are still functional as kids have not yet built the think stone walls. Any small walls in the hearts of children will instantly crumble and disappear.

Divine sounds and colors flow over the entire earth and everyone is being touched.

Do you now realize your incredible power?
Do you think that there is even one thing that can stop you?
Uniting is the biggest power, becoming one with one another.
Together experience the Divine.
Together experience strength, power and growth.
Together experience unconditional love.
Together ascend.
Together remember the new world.
Together design the new world in God's way.
Together be in service to one another.
Together live in abundance.
Together honor each other.
Together free Quetzal and open your hearts for this love, which as it were reactivates your Merkabah[17] (light vehicle).

Let Quetzal no longer be imprisoned in stone. Let us free it. And always start with yourself. After all everything starts in you; all else is a part of you. They allow for you to experience yourself through them. They mirror yourself outside of you. Look in their mirror and see how you are doing. What do you see in your surroundings?
When you read this, it means, that Quetzals outside of you are awakening, and that you too, through the touch of this book, can awaken the Quetzal in you. Free your life energy. Free the Divine bird in you. Free your Higher Self and connect with your freed spirit. Connect to the unconditional love. Connect to others around you, who are all part of you. Unite with these parts of you, so that you will again experience oneness. Quetzal is so much more than you think. It is indescribably beautiful, indescribably vulnerable and indescribably powerful. Quetzal is magnificent in freedom and in Divine perfection. Quetzal is the awakened you and everything that has been mentioned above is you. You are everything, just like you are nothing. You are we, and we are oneness, and so are you.

Free Quetzal and you will free yourself.

Chapter 15
Unveil

Everything so far has been a preparation for the real work, with which we start today. We will unveil a couple of things, which will for some of you be truly surprising and new. Everything you have read so far as a preparation, was to give an image of where you stand and where you are growing towards. We notice that you, even those who have been aware for years, still have a hesitant attitude towards the work which has to be done; the real work for which you have signed up centuries ago. The work for which you have been trained and which for each of you individually is just a regular job, like many other jobs you have already fulfilled. But you are waiting, hesitating, waiting for December 2012, thinking that it may take a while longer. Sometimes you are so tired, as a result of the many transformations you have already undergone in preparation for your role. You are still waiting, because others are also not yet taking steps. So you think it may take a while longer. You are waiting for a sign, but then are not sure if the sign is truly a sign. You might think 'Well, maybe this is not yet the sign. The sign should be much stronger.' And then you are given stronger signs, like we give to our messenger, and she too thinks 'This is probably not it'. And thus you wait, and we don't want to discourage you, but what are you still waiting for? We don't want to hurry you, but you are not in a situation allowing you to wait any longer. You are at present weakening, as the time is overripe to start.
Do you hear this visionaries? You are only waiting for yourselves. And you will get weaker if you wait any longer. Again, we don't want to hurry you, but if you wait too long, it can become disastrous. Why, you may wonder? Well, let me explain it to you. You are not alone on this Earth. There is another party, and maybe I should say there are several parties, who have other plans for your Earth. They are not waiting. In fact they are very active; actively planning an entirely different Earth than the one you have in mind. Okay, okay, I told you in the previous chapter that you with your love energy are many times stronger, but it is never smart to underestimate your opponents and you should not be doing this either. Also, they who start the attack, are always better prepared than those who are surprised. And you will be surprised, and then you will have to grab yourself together to start the counter attack. No, loved ones, this is not the way you had planned. You will want to properly prepare, don't you? You will want to unite, to gather, to come together and to make sure that your plans are on the table; waterproof plans. This is no unnecessary luxury. Because, what is the case? The chaos will increase and when there is chaos, while you still have to search for one another and then start

creating plans et cetera, you are rather late. Maybe even too late to get the operation New Earth taken care of.
Don't panic, because panic is the last we want of you. On the contrary, it is required to keep you head as cool as possible. That is what you have been trained for. You so often had to endure feelings of guilt, fear, and going against the common conventions, that you have been quite crammed. You are as a couple of marines, ready for the real field work. Many of you are stamping on your feet, but are looking around. Who is firing the starting shot? Nobody, dear ones, you are the starting shot. Yes, you understood well. You are the sign. You are the bullet zinging along the ears of others, startling them. You are not the bell-ringers, no you are the bells ringing to wake everybody up. Jump to action. Zing like the bullet through the space with an ear deafening bang, a bang shouting 'This is the green light'. Sound like the ringing bells. Be the smoke signals made to warn others. Do something. Think something up, but don't sit down waiting, because we tell you: there already is huge chaos and there is more on the way in your world. Your opposition, the great ones of the Earth, they who now rule over this Earth and who consciously keep you stupid, poor and ignorant, they prepare for more chaos. It will be worse than 9/11, stronger than any natural disasters like an earthquake or tsunami. It will be worse than chemtrails or the poison in your food. It will be worse than a chip in your body or a terrorist attack in your metros et cetera. It will hit hard and it will prevent you from acting, like you would be able to act now. No, you are not being asked to attack.

You are being asked to look for your co-workers and to come together. It is asked of you to truly align with one another and to make plans for the new Earth. Leaders have to be chosen among you, because a nation needs leaders. You are the ones to do this. Better even yesterday than today.

You are too hesitant, too weak, too instable, too wavering, too naïve, too dependent. Okay, we know that many of you are still licking their wounds of the past, of their past lives, of their traumas, of having gone through the accelerated completion processes et cetera. We see that you are tired. Many may need some rest, may have to emotionally regain strength et cetera. We are only just your messengers and the message is: come together. Map out your situation. Speak things out and be strong towards any opponents. The visible and the invisible parties, who will in more than one way try to put you down and antagonize you.

We already give you very good advice, and that is:
Don't be afraid.

This is truly essential for the near future. Don't be afraid. There is nothing to be really afraid of, even though all that will be happening will look real. You are living in a hologram[18] here on this Earth. It has been created in a way that it looks realistic on the Earth you are now living on. This hologram will be manipulated by your opponents. They will show you the most horrible scenes. This can be an attack by monstrous beings to fighting dragons in the form of illnesses, attacks of strange manipulated viruses, declaring pandemics resulting in vaccinating with so-called antidotes or threats of poverty, being imprisoned, war or violence when you resist et cetera.

We tell you, don't be afraid, it is only an illusion, an image you are being shown to make you feel fearful, because they live of your fear. Do you remember? Driving you into great fear, can give them a decent head start, unless you see through it, poke through it and laugh at them over the bad movie they are showing you, but which will turn out to be entirely false.

Be prepared for this kind of jokes and state out loud: 'This is a lie. This is solely to make me afraid. This is an illusion and I am not collaborating. I am love. I am light and I will create the new Earth, an Earth of love and peace. I am powerful. I am pure. I am a child of the creator, a co-creator and I will fulfil my role as promised.'

This is one of the things you can be prepared for. In this chapter we looked at the possible attack, visible for you. In the next chapter you will read about the invisible. Believe in yourself and trust yourself, but never deny the shadow side of the Earth, for this too is part of the oneness. Be willing to recognize the shadow side, as through recognition you will be able to beat it.

Together you are strong.

Chapter 16
The unseen

Before we continue, we wish to again point out that you are invited to feel for yourself again and again if it resonates what we share with you through our messenger. We entirely trust her translation of our thoughts, which we pass on to her.
The unseen which we are about to tell you about, are in this case those, who live in the lower parts of the fourth dimension, kind of an in-between-world. When you ascend to the fifth dimension and higher, you first have to cross the fourth dimension, so every single one of you can more or less encounter the following. This is also depending on how sensitive you are to the unseen energies and on how grounded and guarded you are. To you, the energies of entities, who partially reside in the lower layers of the fourth dimension are still invisible. But they, the entities themselves, do see you. They are your deceased ones, who did not manage to find the way to the light and therefore for a short while or longer - maybe even centuries - have been dwelling in this in-between-dimension. They are the ones, who are sad, fearful, scared, dependent et cetera. They are the ones who still feel a connection with the Earth and who believe they are still on this Earth. Among them there are good ones. Among them there are also, who believe more in line with your opponents. Many, truly many souls reside still in this in-between-layer of the fourth dimension, and it is quite crowded in this layer, with which you already regularly connect. Many of you know this, experience them and together with the Angles help bring these wandering souls to the higher light worlds once they request this. Many do this unconsciously and do not wish to think or talk about it on a conscious level, even though they often experience these energies, who attach to them physically. Few is being said by you about this reality. And you are still under the impression that it is not much part of your reality, and that whatever cannot be seen, does not as such exist. You find it scary. You don't want to make this a topic of discussion. However, many of you have gained experience with it, and simply cannot deny it, and will have to acknowledge that it exists. As long as you deny it, it doesn't exist. At least that is what you think. Alcoholism is a similar thing.
An alcoholic can only cure after having acknowledged the addiction. Only then can he/she change and stop drinking. So, pushing it away does not serve a purpose.
We ask of you to acknowledge it. We ask of you to truly acknowledge that unseen beings live in an in-between-world, where they are stuck and cannot find the light.
Why can they not find the light? Here are some examples:

- Because as a soul they are stuck in feelings of guilt over what they supposedly have done wrong on Earth, and they have literally imprisoned themselves. They cannot go anywhere.
- Because they cannot forgive themselves for things they have done on Earth.
- They fear the light, maybe because of shame over what they have once done on Earth and they prefer to live in the dark.
- They live in shock, because they passed away too quickly.
- They still feel a strong connection to the Earth. For instance because they did not want to abandon their wife and children. Or they want to keep an eye on their earthly possessions and money.
- They fear going to the light. Maybe because they have murdered, stolen, cheated et cetera and they might be punished for it.
- They still have strong emotions. Like anger towards the person who killed them or towards the employer who exploited them.
- Emotions of love for their beloved. Or for wanting to see their children grow up.
- Sometimes they are here because of bad intentions and it being easier to operate from this dark world.

There are many more reasons, however, what this is about, is that it would be good to finally acknowledge that these beings exist. We also touched on this in chapter thirteen, which was about emotions. They are many, numerous and despite many of you having worked hard to free them from their situation, there are still many of them, who are living around you without being seen. Do not worry, all of you are well protected. You have many guides, co-workers and Angels who take very well care of your protection. That said, it is still better to be fully aware of it on a personal level, as these beings will have to choose in the near future. Will they choose the light or the darkness?
It is even possible that they are being manipulated by the opponent (the darkness) to choose their side. Through this manipulation these souls can opt for the dark side and through this the dark opponent can strengthen its powers. As such it is possible that kind of a battle is being fought on the level of the unseen. It is up to you to acknowledge and free them, before they force themselves upon you in the heat of the battle, out of fear for what is coming towards them. Therefore, free them, so they can go to the light and make their choices from light, for instance for another life on the new Earth in a raised consciousness.
Through your high frequency vibration, which you all have now, you

are capable of - together with the Angels and the Ascended Masters - sending them through. People help people and also the souls of deceased people. Ask your guides and Angels to assist you in this process. Don't think that others will do this. No, it is part of your job to free these beings, before they are being manipulated to work against you. For in the latter case they will be suppressed and exploited. They will increase their fears and they will have no more chance when they are kept imprisoned by your opponents. We ask you to connect to your heart. Your hearts, where your love resides, which is so infinitely powerful that it provides you full protection. Through your heart energy you are connected to the oneness.
Many of you will wonder how to recognize these beings. How to notice, that they are there. There are many ways in which you can notice this.

- You can experience it as being overcome by fatigue, for instance in a certain environment, where many people are. Such as in a church, a city, at a meeting et cetera.
- You might notice short fierce stings in your legs, toes or feet.
- Some of you even experience cramp in your feet or feel like their legs are heavy and tired.
- It is also possible that you feel emotional, and that you feel this emotion becoming stronger, because of these beings attaching their emotions to yours. After all they themselves no more have a body to express these emotions. This results in a stronger effect in you.
- Some of you experience nausea, feel pressure on their throat or on their chest (solar plexus).
- Others become uneasy, experience a heat attack or all of a sudden have to cough due to pressure on the throat.

In all cases you can start by calling on the Angels, especially Archangel Michael, and to ask them to bring these beings to the light. Do this several times and feel what happens to you. Feel how you ease down and become your normal self again and centre back into yourself. Many of you will in such a moment realize it to be true. You will feel that this is the truth and you will take on this extra job. There will also be among you, who still don't feel like doing it, probably because of fear. Fear for the unseen is understandable. Yet, if you know that there is much more than you can perceive here on Earth, then you can also understand that this is part of it. Working with the invisible is quite common for you. You also feel the energies of the people around you, you can see the people, but you do not see their energies. Yet, you can feel them. You also feel for example the energies of crystals or of a certain energetic spot in your churches et

cetera and these energies are also not visible. It does not mean that the invisible does not exist. It is just not perceived through your 3D eyes. Soon this will change. Many already long for seeing with their 5D eyes and to look through the veils. You long for it and it will be given to you. It will be given to you once you are willing to accept the unseen as a reality.

Your fantasies, imagination and dreamt-up-worlds are sometimes more important, than the world you are now living in.

Chapter 17
Fifth dimension

When you entered this third dimensional reality, you agreed to descend into a reality, where you had to leave behind some of your gifts and skills. You decided to descend into the lower energy of the third dimension. An energy which has been materialized and which is denser than anything most of you have ever experienced. Coming from many different planets, you were fully prepared to live lives, which would offer you many experiences. Experiences you wanted to bring along in your fields of experience on your journey through dimensions. You were prepared, yet you could not truly prepare for certain things. These were the things, which could happen unexpectedly, and which are connected to being in a different matrix. The matrix is a field, an energy and it also has a consciousness, just like everything has a consciousness. So it is kind of a living being and does everything possible to entangle you and to keep you in its energetic network. Especially in this moment in your evolution, now that you are getting ready to leave the matrix of the third dimension to shift into the new reality. This means that you are about to leave the third dimension and this is not easily granted.
This matrix notices it, when people stick their head outside of the matrix and then it is as if countermeasures are taken to keep you within the field of the matrix. The matrix (a net or field in which you are residing) does not tolerate it if you want to squeeze yourself outside of the net, then you will be cracked down. Many of you know what we are talking about. Maybe not too long ago you were facing all kinds of unpleasant measures, pushing you back into your shell. It forced feelings of shame, fear, loss, guilt, pain, doubt, chaos et cetera upon you. Every time when one of you grew more towards the light, something nasty crossed your path, trying to push you back to the start. Yet in a way you pushed through these so-called measures and many did not give up and experienced that the pain which we talked about before is also just an illusion. When you are able to see everything within your reality as being an illusion, then, with a lot of courage, you can step out of the matrix. Afterwards you will find yourself in another dimension of being. How will you notice if you have been through this? You will experience yourself more in the now, in the silence. And you will be surprised about the calm, you experience after so much turbulence. You can breathe with relieve and you probably will need some time to recover.
Many of you have already arrived here. And because many more of you will crawl through the meshes of the net, the meshes or holes become bigger. This results in those who will follow to be able to step

out of the matrix of the third dimension quicker and easier. When you find yourself in the calm outside of the matrix for a while, the next thing will come to you. Your old gifts and skills will return to you; the ones you had left behind before entering the matrix. You are allowed to remember again. Therefore ask for the memories of your gifts. Yes, just ask and it will be given to you.

These gifts can be: clairvoyance, clairsentience, clairaudience, insights, wisdom, a specific skill like healing, making art, expressing beauty, teleportation, telepathic skills, extra-terrestrial skills et cetera. You can use all of these for designing your new reality. Through this you will truly feel what role you will fulfil[19].

These gifts return to you and you will again be able to use them. By reconnecting to them, old memories will also reawaken in you. You remember past lives on other planets. You will have memories about your families of light. And in your everyday life you will all of a sudden meet and recognize your true family. It is given to you to connect with this light family and to embrace them. You remember your children or spouses from past lives. You meet your twin rays either in your visions or in the here and now of the new reality. You will be surprised that suddenly you can clearly experience and have clear insights about life and about your roles in life. You will discover that you can suddenly look into other dimension.
Everything starts in a gradual manner, without causing shocks. You experience a new world opening up for you; a world you can only yet perceive a thousandth of. It is a world coming to you, now that you are no longer bound to the rules and structures of the old system, your old matrix. It feels as amazement and yet it feels entirely natural. It feels like finally, finally… Do you recognize this feeling? Then know, that you are on the right way and that soon you will be able to expand these things and start working with them. Expect more than you could be able to expect, otherwise you would limit yourself. It is really important to be open to ever bigger surprises and miracles. It is far from over. If you are already having these experiences, know that it is just the start. It is important to not keep this to yourself. Pull it into your new reality by saying it out loud. Speak out what you experience, that you are open to it and that you welcome it as it comes to you.

Close your eyes, and say the following:

- I am grateful for the new experiences I am receiving.
- I am grateful for the rest and peace I experience.
- I am grateful for the new gift I discover within myself.
- I am grateful that I am able to integrate these gifts in my new

life.
- I am open to even more new gifts.
- I am open to using them for the highest good of myself and my fellow-humans.
- I am open to using my gifts to provide insights.
- I am open to using my gifts to heal myself and my fellow-humans.

Those who discover these gifts within themselves, will also be ready to carry them. That said, when you experience a relapse to the old energy, you will also no longer notice these gifts. Nothing and nobody shall be given anything they are not ready for. As this could even be dangerous for them or the ones around them. Many of you will already have noticed that when you are on the right way, and when you can be in the right honest way, acting for the highest good of all, you will be handed the right tools.

Like learning to work with quantum energy. discovering tachyon products or attraction to zero point energy. Other things, which may stand out, are the fast way of creating or synchronicity happening in everyday life, just like déjà vu experiences. Miraculous meetings, recognizing people you know from other lifetimes. Coincidental books being given to you or movies answering your inner questions. All will go exactly as it is meant to be. However, don't force anything. Force or greed do not work, especially not on the path to the dimension you want to enter or where you already partly reside.

Your energy is being read and your guides take care of you. They bring you into contact with what you are up to. Imagine you would be given a laser device before being ready for it, before knowing how to use it, you could cause accidents or even kill. But, if the laser device is handed to you at the right time and you know how to handle it, you can use it to heal. You will notice that everything needs its time and that ego-based behavior is not tolerated in the new reality. Modesty is a beautiful quality, just like tolerance, gratitude, compassion and being loving. In fact you may realize that you are residing in or arriving at a sort of new matrix or field, which will work in its own specific way and has its own specific characteristics. It is up to you to get to know this new matrix, even stronger: to help create with it.
We share all of this with you, because we want to let you know that if you are willing to move through your pain and fears, surrendering to what presents itself, you will receive your gifts and the right tools to further design and organize your new reality. Those, who truly feel this message, know what it means.
We want to ask you to open up to what you are already ready for,

namely to receive your specific gifts again. Your etheric heritage is awaiting you. The more people can receive their gifts again, the faster work can be done to let the matrix of your new world develop. Acknowledge also the extra-terrestrial help that is being offered to you.
The higher you can raise your frequency, the more beautiful you can create your new world, making it a Divine place for all.

Open up
to the impossible.
Try not to fill it in,
but
expect something majestic
and discover
that it was
no sooner possible
to know
what you
are now allowed
to receive.

Hathors

Chapter 18
Step out of the matrix

Before you fully leave the matrix, you will have to cross multiple levels of consciousness and complete the old life. Many of you know and feel that they are residing in a special reality. Probably you feel every now and then like entities or wandering souls must feel, a bit lost and a bit in no-man's-land. You are in the in-between-layer between the third and fourth dimension or between the fourth and fifth dimension. You can describe it as if you end up standing beside your old life; the life where chaos rules, and the life where your family, friends and colleagues are. They are having a tough time and do not at all understand it anymore. Just like you not too long ago, weren't able to comprehend it. Because if you step back into the old reality - in the matrix of the third dimensional world - you are again in the midst of it all. However, if you consciously step out of this dimension, you will notice all kinds of things.

- First of all you start to recognize the difference between the old and the not yet fully ready new world better and better. You can now tell and name the two worlds. Like 'hey, I am back in the old world' and 'hey, now I am in the new world again.'
- It is a matter of getting to know the minor differences ever better.
- Other insights will come to you as well. Sometimes you will no longer be really visible for others in the old world. You can walk through streets without people truly seeing you or responding to you. Only when you lower your own energy, are you seen. This will become more and more recognizable.
- Also, you will notice that you judge less and less, experience less negativity and that you are more neutral. This neutrality means you will feel less emotions and therefore will attract fewer wandering souls. After all they vibrate on your emotions.
- You start to beam out a certain calm and/or serenity, which is noticed by others. And others enjoy being in your energy.
- Intuitively people feel that something is going on with you, and they will come to you with life questions. They ask for your help and honor your insights.
- The dark energies or opposing powers are less able to touch you as you are having a different aura as a result of your increased vibrational frequency, residing more in the fifth dimension.

- In addition to this, when you are no longer greedy, but instead happy with what you have or receive, you will no longer find yourself in the dualistic experiences, that previously kept you connected to the matrix. After all you are no longer continuously longing for more or more beautiful or better. Matter becomes less decisive.
- On the other side you are more and more open to beauty, love, light and collaboration. From neutrality you focus on what serves your Divine spark.

When you can deal with this more and more consciously, you will notice that you become ever more anchored in the new reality and that you are getting further and further away from the old reality.
The below topics are also important for a careful transition.

- *Finish things from the old world.* Herewith we mean that you cannot just run away from your old life. It is desirable to complete certain goals or connections with people. If this entails a certain task, you can for instance hand it over to someone else or finish it yourself.
- *Take care of yourself.* Maybe you can no longer continue your old job, yet you have to earn money one way or another. Make sure to take care of yourself when entering the new reality and be aware that you can create it yourself. Realize that you are stepping into mastery; that you are someone standing up for him/herself and that you prepare your own path.
- *Do you have specific agreements* with certain people, then look at these. Are you connected to your husband, wife, children and/or family members, then see how you can finish this in a good way. You will not entirely leave their lives, but it will become different. Your relationship with them changes, when you leave to a higher dimension while you continue to function on Earth, and they will notice it. If possible, prepare them by honestly telling them what is happening, or else by giving them some explanation to soften the pain when for instance you will be in touch with them less. Also know that you are just taking a step forward and that later on you will meet them again at a different energy level, in the new reality. It is important for you to take certain steps for this, as this way it will also create more room for you to leave and to create more of the new. Know that it is all in your hands.
- *When you set yourself step-by-step-goals* during the completion phase, you will find that it speeds up the whole process. You will also notice that everything works out perfectly. Nothing

is coincidental and all is orchestrated with perfection. Many will also get in contact with humans, who will not experience the transition in this lifetime. They decide to die in the third dimension. Terminal care in support of your fellow-humans is very important. Everyone has to follow their own feelings and agreements. What do you wish to achieve?

- *Gratitude is the energy when saying goodbye.* Be grateful for the experience you were allowed to have here and for what it brought you and your loved ones. Be grateful towards yourself, your soul energy, your guides and your Angels, who have always guided you on your path.
- *The energy of forgiving is of utmost importance.* Forgiving energy is more than you may realize. This energy creates an atmosphere in which all old pains, disputes et cetera can be immersed. Forgiving energy is as a purifying fire, in which all that you have done to others, and all that others have done to you, can be purified. This powerful energy is often undervalued by you; from our own experience we know how important this energy is.

The energy of forgiving restores all which had been pulled out of balance, so that you can leave everything behind with a clean consciousness. It is available to all of you. This energy makes that you can finish things faster and can make your step into the next dimension permanently. You can achieve this forgiving in certain rituals. Sit down and fully allow love and compassion. Say the name of the person involved and specify what you wish to forgive this person for. Equally forgive yourself for specific aspects in your relationship to this person. Finally, feel what this does to you, and how the energy of forgiving purifies you from these energies, which kept you connected to the old world.

Pitfalls in your transition process:

Valuing yourself more than the humans, who are not yet working on leaving the old reality is a trap.
Be fully aware of this and examine this for yourself. You are only different and have made other agreements when you entered this third dimensional world. Everyone awakens at its own specific moment and that is when the energetic alarm rings. You can try to awaken others, but it will only work when it is their right time. You should not have judgements towards those still ‘asleep’.

Wanting to go too fast can be a pitfall, everything needs time.
You were trained for this and take in a special position in the whole. It

is your role to lead others on their way, with serenity, calm and warm love. You are the way prepares and you make the meshes of the net wide enough for others to go through with ease. Trust that everything happens at the right time.

Only wanting to see the beauty and wishing to walk only in the light is a trap as well. Don't be blind for what happens around you; also be aware of the darkness.
Do not underestimate it. In the end it will be through your high frequency and consciousness that the secrets of your society are discovered and that all darkness is driven into the light. You will discover everything, leave everything behind and see through everything. Keep your eyes and ears open, just as your heart. Be alert but fearless.

Chapter 19
What do you want?

We take you with us in a vision of your journey to the new world.

There you are, with only the baggage you need, at the station in your new world. You are standing there as tired travelers, who have arrived at the new destination. Some of you still overheated of the journey, tired, a bit sleepy, but all with eyes wide open and with an inner feeling of 'Finally, we have arrived, bring it on.'
Nobody is truly welcoming you to your new place. You have arrived in a sort of centre of rest, even though there is the hustle and bustle of people around you. You may recognize some of them, some will shake your hand, but most of them seem to simply continue what they are doing. The atmosphere is much lighter and the activity is more structured. That is what makes it look more calm as than what you were used to in the third dimension. It give you a feeling of there being more room and it does not disbalance you. Most of the people seem to know their role and try to fulfil it as good as possible, even if not yet quite used to it.
You realize that you are supposed to take your own steps. And soon you realize that it all works a bit differently here than in the old dimension. In the old dimension everything took more time and often a lot of effort. Here the energy is tangibly lighter. Your power to recover is stronger and soon you feel much more in shape and ready to pick up your role, to be of meaning for the whole.

Once you get clarity about what your new role is, everything starts to be going well. You use your thoughts to send out your new role and suddenly people approach you, who one way or another help you on your way. It looks like coincidences, but this is only appearance. You will soon be pushed in a certain direction, bringing you closer and closer to your role. You again meet people, read something and feel 'this is for me'. This is how things appear for you in your new reality. A reality you will design and organize with your friends, preparing it for when soon other souls will awaken and arrive here too.
You will notice the importance of knowing what you want. What do you want? What do you wish to achieve? What does this new world look like for you? All of this we have talked about before in this book. And the better you prepare for it, the quicker you can take on your role and the more you can contribute in your new reality.
It is strange that physically you still seem to function on the old Earth. You are still walking around, even though you have truly stepped out of the old world. Sure, if you lower your energy again, if you have to be in the old world for a bit, for example because of a problem with a

family member, you will notice the huge chaos around you. But you will no longer have to take part in it. Sure, you have empathy for your family, friends and neighbors, when they are still struggling in the heavy energy and when disasters like floods, earthquakes et cetera happen. But you are no longer taking part in it and it truly feels like you are watching a movie. You see it all happening, but you are no longer part of it.

No wonder people will blame you for being a cold personality. You can and do not want to be anything else right now. You do not wish to return. You continue to be involved with your fellow-humans and you now assist them in an entirely different way. You help them by radiating love, by sharing insights, by sending them energy. All without you yourself being part of the game. It is a strange experience for all of you, yet you will get used to it. We told you that it is all way more easy in the new reality if you know what you want. What is your intention? And what is your role?

Let's talk about the group of humans, who not yet have a clear image about their intention. Through this the energy is kind of dispersing within them, which makes it hard to focus. Combined energy gives you much more direction and power and thus more results. Look inside for your intention and send it out. If it is your intention to receive more assistance to get a clear image of your role, then send this out, and don't be surprised about the speed with which the answer comes to you. It is no longer like working with the first old slow computers you may remember. You are now working on the latest type of computer, and everything comes to you full speed. You will be surprised about the perfection of everything. Just continue to send out the right intentions, because if you do not send anything out, nothing will happen. It will then look like having a new computer, but not using it. You are only looking at it.

Of course you are allowed the time to orientate yourself, yet you know that your help is hugely needed. You feel it, yet still a bit hesitant, like two steps forward followed by one or two back. It all takes a bit of time to be downloaded into your system. It is all unaccustomed. After all what is ahead of you is not happening on a daily basis. Of course you have moments when it feels like you are dreaming and more often you may feel like no longer being part of the old system. You may feel like you were put out of action. Others are still creating in the old energy, while for you it is on its last legs. You feel lonely, abandoned and maybe you start doubting yourself. Shouldn't you stay to assist the others, who are still functioning in the old world?

You are less and less being asked to take part in events, or you are no longer being seen in the old world. You are being passed by. You are fading away and slide further and further into the new dimension. You

release ever more and continue to say goodbye, being guided into the new world. At times panic arises when you feel you want to stay with someone or when people who are important to you call you back. Or when fears within you stop you for a brief moment. Allow yourself to let go; you know it is all an illusion. Every new reality is a rise in consciousness, it is a state of mind and you do not want to stop this process.

Say goodbye to your old life now and know that you will not yet entirely be separated from it. Feel safe to take the step. Ever more you feel like you can no longer breathe in your old life. The air is too heavy; you have outgrown it. Your body needs something new; new air enriched with love. New nutrition, suiting your light body. New liquids, like living water. It is all coming to you in the new reality. The sun will play an important role in this, just like your breath. Be willing to breath more consciously and feel the prana move through your entire body.
Let go of all your worries about the people you have left behind. You are ready. Each of you reading this is ready. Do you realize that this process looks a bit like you are dying in the third dimension? Dying, but not passing over; your body is coming along with you. This feels new and fascinating to you. And we already know that you will do fine. Let yourself be guided by the information in the chapters to come.

Chapter 20
Consciously taking the step

One day it is no more about taking a look and having an experience in the new world, but about taking the step on a conscious level. It will seem to be a day like all others. The sun rises and you do the things you would do on any other day. Yet, there is something special in the air. It feels like you are less dense. There is a sense of being transparent, as if people could walk right through you. If this happens take time and space for you, sit down comfortably. Meditate and ask your Angels and guides to come to you. Go deeper into meditation. You feel that you are sitting on your own couch, yet it also feels like a change has happened. Through stargates you slide into the new world. Your light frequency is rapidly being increased to a frequency you have been able to experience more often lately. It feels good. It feels peaceful. This is what you wanted to experience. You know this is anchoring you deeper into this new world. Consciously you surrender to what is to come. You take the step… consciously…

Open your eyes for a moment and look around. What do you see? You see everything there was before, yet it is different. Everything is lighter, brighter, more beautiful, more shiny. It is as if the sun is shining within every object. Also with your eyes open you continue to vibrate in a high energy. If you decide to go outside, into nature, the grass will seem greener and the air more glorious. When you look around it all seems to be less dense. It feels strangely calm. You don't hear the sounds of cars, even though you know they are there. You do hear the birds singing and you hear the rustling in the bushes. You seem to hear very clearly, sharper and yet it enters softer. It feels like the atmosphere has the same temperature as your body; you flow into each other as it were. You feel joyful, balanced and peaceful. When you meet people, it is as if they are less visible, they walk by as shadows. You know you would be able to see them more clearly if you would make the effort, but you do not feel the need to do so. You walk around and enjoy it all. Still it is a bit unaccustomed and every now and then you feel like stepping out of it, simply to check if you still can. You know you could do it, and you know that all is well as it is now. Even when you enter your own home again, you still feel special. It is as if you are in a special world, and in fact this is what is happening. Your roommates do not pay much attention to you, yet the sensitive ones notice that something has changed. They may experience you as a bit absent and may ask if something is wrong. You may have talked about it before and maybe you can explain how you feel and that you have taken a step further into the process.

Have you felt a bit tired and without energy then you may notice a

change. You may suddenly feel more energetic, wanting to undertake something. You may out of the blue experience a sense of happiness, which you may not have felt in a long time. You knew that it is all different in the new energy and that you can much faster manifest. This is also related to the energy being less dense, just like matter, because of the higher energy frequency. It may look like everything is lighter, and it may be easier to lift objects than it was before. Maybe you just have to think about being able to lift a bag with ease and then it is possible. Or you just think about something and it comes your way. Allow yourself to explore the possibilities in this new energy a bit further every day.
It is equally possible to include people or objects in your new space. If you love having your loved ones around, and you know they are close to taking this step, you can through your energy give them a sense of what you experience. Give them a hand and let the energy flow to them. And if they are ready, they can follow you. Those who do not follow you, but stay in your surroundings, often are there to allow you to take this step. In a way they make sure that there are no more obstacles for you in the old world. You are being looked after through them. Show them gratitude and love for what they do for you. Seemingly life continues as it was, yet you know this to be appearance only. Every day you will be more and more in the new reality to explore. You are aware that you are no longer part of life in the old reality now that you have consciously taken a decision to be here. You feel this is meant to be, even if you may experience moments of sorrow for no longer being part of the reality where most people still reside. Your emotions become more neutral and you may feel less need for earthly pleasures. On the other hand you long for nature, where you feel calmer and more relaxed than ever.

In between it all there is something else; a feeling of expectation. It is kind of an exciting feeling. Something is about to happen, but you do not know what it is. Yet, in a way you do know. You know Earth changes are about to happen and it may cause sorrow for Earth and its inhabitants. Deep down inside you know you will experience these things in a different way than the humans, who are still anchored in the third dimension. It is wonderful if you can talk about this with others already residing in the new energy. You decide to meet up more often to prepare for this. What before only seemed to be a dream is becoming ever more a reality. In this energy you are more capable of manifesting. You can truly mean something in the new energy now that you are living in it daily. A positive flow is happening between you and your friends in the new world and you combine your powers to accept and assist your shared goals. There is no more reason for hesitance. Only action is possible, and it is happening.

Actually you do recognize the world you are now living in. This is often more real to you than your life on Earth has ever been. You know that everything is happening in the right order. More than ever you feel that you are in the right place at the right time. This, beloveds, is what you have worked towards for lifetimes. You feel it and you know it. You will be able to quicker manifest what you need. And the cosmos supports you. This will give you the refreshed power to move on. You do realize that the real work is only about to start. From a distance you will observe the crumbling of the Earth. You will be watching from a distance how everything which is not serving the new Earth will be destroyed. Humans, who do not choose the light, will be taken off the Earth, just like situations which are no longer tolerable. Parts of the Earth, which cannot be reached by the light, will be burned or flooded. Everything will be upgraded by the frequency of light. It is bend or burst. The entire body of Mother Earth is upgraded in frequency and will adapt to these energies. The entire body of Mother Earth will be less dense, more beautiful, more shiny, more colorful and refreshed. And the same happens to everything living on Earth: animals, trees, plants, rocks, water, air, houses, mountains; everything is being cleared out and enlightened. All is happening in the right order. Everything is experiencing the healing it needs to be part of the new reality. There will be no hesitance, as everything already is.

Chapter 21
The safe place

The next thing on your path, is to create a safe place on Earth, where you can reside in the new energy. You know that there is quite a bit to expect in the years to come with regard to the Earth. It will be necessary for you to reside in an area, which has already been purified. Many of you know that it is about time to settle in a place, which feels good for you. This place will come to you, and you will know it to be safe for you. Maybe it is not quite the place you would have wished for in other circumstances, but somehow you know it is where you have to be. Make sure to purify this place and put an energetic wall around it.
Connect to this Earth place and bring it to a higher level. Continue to send energy to this place and see with your third eye that the place is getting brighter and brighter. Pacify with the place and talk to it. Let it know you are looking for a safe place for yourself and your loved ones. Share about your expectations of the place and tell your guides that you wish to create your place of light here, your safe haven. Also involve your home in the purification. This house in the new energy will turn out to be everything you need in the future. If there is room around the house, you can grow crops in this garden. Crops you will need in the future.
Do you get the picture? Do you understand the importance of creating such a place? Feel free to ask for help. Use visualisation. Regularly connect to your safe haven, where you will reside in the time to come. Allow yourself to be guided if you wish so, and then ask for it.

Questions you can ask for this safe place:

- Guides and Angels, I ask you to guide me to the place on Mother Earth, which will be right for me and my family.
- A place where we feel safe, even when the old Earth will be in need.
- A place where we can keep a good connection to our guides and where the light influx can provide us with the highest frequency of light, so that in this place we can reside in the new reality.
- A place providing us with everything we need, like clean water, healthy food, warmth for now and in the future.
- Help us to cleanse this place and to keep it pure.
- May this place be connected to the grid of the new energy.
- May it be a place where we live and grow in safety in the new reality.

- Protect us in this place against negative energies and entities.
- Share important messages with us, so that we know what we need to know.
- From this place, lead us and connect us to all those, who just like us live and work in the new reality.
- Give us all the tools needed for the fifth and higher dimensions.
- May we live here in peace and experience happiness.

You will already have settled into it or the new home will soon be available for you. You may notice that your feelings about this new house may quite vary in the beginning, under influence of the shifts within you. One moment you are in the old world, unable to feel happy with the new place. The next moment it feels like coming home and you may be in the new energy. Try to get clarity about this. Train your discernment.

Be willing to continue creating this place, even when the circumstances seem to sabotage it. Not everyone is happy with the fact that you are already much further with your preparations for the new reality.

Some people may also experience sabotage from unseen entities. This happens especially when you have dealt with this in the past. Be aware that this is part of traversing the fourth dimension and that the lighter you become, the less frequent this will happen. Also know that if things seem to be contradicting it, this in fact is the right place for you.

In the meantime see that your consciousness continues to grow. It will at times surprise you when you learn more about how the old world has functioned. You truly start to see through it all. Be aware of your feelings, when you discover how you have been fooled, how you have allowed yourself to be tricked by others, like a meek lamb. Let go of these feelings, forgive yourself for not having known better.

Chapter 22
Give yourself room

We continue and are pleased to be able to reach you again this way. Don't forget that by reading this book, you too enter an accelerated ascension process into the fifth dimension. Know that you can experience and accept help from us, your guides and your counsellors.
Your messenger believed that she would have been able to continue full speed now. This however is a mistake many make at this point. First you feel like you have entered paradise, but soon you notice that it is as if you are relapsing. Relapsing into feelings of unprocessed grief, of pain, of old patterns of belief and expectations. The increased light frequency of the fifth dimension touches you at spots deep within your system, which have not yet been healed. You need more wholeness to process these old cramped energies, which in a way are anchored within you. It may feel as a relapse, but that is definitely false. This is all about an accelerated letting go from the deepest layers of what may be released. Of course this is different for everyone. Especially the humans, who have experienced many emotional and traumatic situations in their lives, will have to keep at it a bit longer. Everything in you is ready to be exposed and removed from the smallest of cells and systems. This asks a lot of you, both on mental, emotional and physical levels.
We provide you with a few suggestions to bear this time.

- Rest a lot, allow your body sleep, even if it seems to be a lot.
- Drink an abundance of water. Lukewarm living water is the best.
- Only eat the food you feel your body needs, even if it seems to lack variety.
- Take care of a good functioning bowel system, for all released toxins to be able to leave your body through the bowels.
- Do clysters or cleanse the bowels through herbal treatment. You will know how often this is needed.
- Take regular showers, even if it is several times daily. Water is healing and drains off.
- Sauna visits are healing.
- Bath in magnesium, baking soda or special sea salts. These will - through the skin - pull a lot of waste matter from your body.
- Some of you may need lymph drainage to support the body releasing waste.
- Do pleasant things, and most of all do not do anything

against your will; you need all your energy to stay afoot.
- Cry if you feel the tears coming; it is cleansing and healing. Release other emotions as well, such as fears, laughter and dancing.
- Listen regularly to beautiful music. This calms down the vibrations in your body and creates feelings of harmony.
- Color therapies can be very helpful, especially for highly sensitive people.
- Singing or making sounds has a healing effect on the cells. It sets everything into movement on the emotional level and supports the purification of the fifth chakra.
- Your head could have a heard time. Pay attention to a good position of your neck and back. Massage each other's necks and backs to allow the energy to flow through.
- Stay calm and know that you are going through a process which is good for you.
- We advise you to stay in your own healing 'energetic womb'. This is an energetic diamond shape around your body. In fact this it he diamond shape (Merkavah), which is present in your Merkabah.
- Feel free to ask us, the Ascended Masters or your guides for help.
- Do not suppress emotions, allow them to surface. Feel them, move through them and let them go.
- Breathe consciously and calm. This is healing, helps you to let go and provides your cells with prana.

All of this will assist you in flowing through this process with ease. See it as further purification to create space and to be able to embody the new energies to the fullest. You feel it when you can move on to the next level. In the meantime you may believe that you do not grow or that you are stuck in place. You feel stagnant, yet this is not true.
In these kinds of situations your ego may want to jump in, as it can again experience fears. However, you have become so connected to your soul's energy that you can see beyond and calm down your ego. While you are working hard on a subconscious or conscious level, the new reality continues to grow in you. Continue to connect to the place you have created for yourself in this new space. You will notice unexpected things coming your way. If you had imagined for everything to move smoothly, you may get disappointed. Here too 'so within, so without' applies. With clearing going on inside of you, a purification will also take place outside of you, often in the fields of relationship, home or workplace. Also, do not underestimate the family energy; it is very well possible that things have to be worked

out.

It may seem as if everything is stagnating in matter, yet, like within you hard work is being done on an energetic level to bring things into order in the new world. Can you see it? Do you realize that even if everything seems to be hindering the process, in fact a huge shift is taking place? Knowing is more profound than feeling, as there is no doubt left. Many of you will in this phase have to navigate on your knowingness. Many seemingly impossible situations will happen in your lives, and you will only be able to succeed by knowing and trusting. You will doubt about having to move, yet you know it is good for you. Many of you will doubt their relationships, and your knowingness will tell you if or not these are good for you. Many will doubt being in the right workplace or even if they must continue this process. Yet, on a deeper level you know it to be right. This may not be easy, but we see the incredible courage with which you move through it. We have tremendous respect for you, who truly run energetic marathons. We respect and honor you, who continue to move mountains of energy, while blinded and feeling one's way, knowing that all is in right order.

You are never alone.

Eternity
Source
Consciousness
Energy
Love
Evolution
Oneness
Light

These are the things
which are real.
The rest is fantasy,
deception, illusion,
a hologram.
You can decide your life.
It is up to you.
Create
your own reality.

Hathors

Chapter 23
Mastery

Many of you feel abandoned at present. Were you able to feel a clear connection to your guides and Higher Selves a few years ago, now you experience feeling alone. May we explain this to you? You have grown towards your Higher Self. Or should we say that your Higher Self has descended more into you. Many have as it were become their Higher Self. Your earlier soul aspect has merged with your Higher Self. This is also why you feel further away from your previous life. There are other parts of the self above the Higher Self. In a later phase we will tell you more about it. Your life as your past personality has in a way come to an end. The part of your soul, connected to the personality you were born with, has grown up and evolved and in a way has died or passed over. Passed over, but the body has continued to function, which is a strange experience for you. Commonly when a soul aspect finishes a life, the physical body equally dies. Not this time. This is new and hard to grasp. All experiences of this life remain, but are connected to the old body. The old body still exists, but is increasing in energy, just like a soul functioning on a higher level. Let me give an example.

Imagine this to be a female person. She is born as the personality Tina. She evolves and has ascended or passed over to the new reality, while keeping her own body. Everything she embodied as the personality Tina, including all her thoughts and everything she has gone through and experienced as the personality in this life as this woman will stay together. It is possible to connect with it, while the rest of the soul continues its path of evolution in a heightened state. The soul now lives in the fifth dimension, while functioning in the so-called old body.

The same is happening to you. Imagine that you are passing over to another capacity, in the form of a higher aspect of yourself. You will always carry along a particle, containing the memories of the previous version of you in this body. That is why it often feels so double. On one end you are no more the person, who was born into this body, yet on the other end you still have all memories of the soul-aspect of that previous version of you. The memories are within you, next to the higher soul aspect now living in your body. You now feel less connection to your guides. Why? Because you have become your own guide. You are the master. You are the one, who agreed with your previous soul aspect, to take this place in your body. You are the master. That is why the connections are now functioning in a different way.

If you continue to ask questions in the old way, it will feel too dependent or subservient. You yourself are now the Master. And trust me, there are many guides surrounding you, ready to serve as a Master. You are far from being alone. No, there are many, many surrounding you. They are your equals. They are your family of Light, watching how you, as one of them, are working hard for your progress. Because every step you take has consequences for them too. They grow along with you. They are all ready to help you, but they won't do anything if you take a subservient attitude like 'please help me, because you know better.' No, they don't know any better. You know it yourself. You know what you need. You know which way to go. You have the oversight, because you are now the Master. They are waiting for you to fully embody it. That is why it may be a bit silent within you. They are waiting for you to see them as your equals. You are going to collaborate with your friends of light. The veil is only very thin. You are going to tell them what you need here. And they will be very, very happy, and will serve you in the best way possible. Your growth is their growth. Your process is their process as well. Your progress equally allows them to go further and higher. Are you ready to see yourself this way? Try it. Give them an order. They are the ones bringing up whatever you ask for.
When you have gone through this purification, and when you realize who you are and where you are in this process, the road to creation is cleared. You are being offered assistance. Be very clear as to what is meant to be. Do you need protection? Let as a Master know that you are in need of protection. Do you need more insight? Ask as a Master for more insight. Do you need a certain power? Ask as a Master for this power. Do you need a house? Request for this specific house as a Master. Do you need special friends? Ask as a Master for these special contacts. Position yourself as a Master in your life, from integrity. What are the aspects of a Master?

- A master knows who he/she is.
- A master knows what he/she is capable of.
- A master is experienced.
- A master has a message to tell, share or teach.
- A master is specialized in a certain aspect, to be able to pass this on.
- A master realizes that he/she can still learn a lot and is open to this.
- A master also knows that it can learn a lot from its students, and will not place itself above them.
- A master knows that most is achieved by acting on an equal footing.

- A master radiates a certain power.
- A master oversees a situation.
- A master has solutions.
- A master always knows more than he/she shows.
- A master has confidence and installs confidence for others.
- A master lives the example.
- A master knows what he/she wants.

If you now realize that you are a Master, than - from this knowingness - connect to the Ascended Masters, the Masters who have gone ahead of you in this process and ask them to support you in your process. Ask them to be allowed to learn, what they already have discovered. Every Master has a specialty. Master Kuthumi for instance, is specialized in unconditional love. Do you feel attracted to him, then maybe this is your role as well in the transition to the new reality. Master Confucius is a master in wisdom. Lady Nada a master in the field of creation.
Ask him or her to assist you in your process, on an equal basis. This feels quite different from the dependent position you may have had towards your masters in the past. You then looked up to them and may have felt small beside them. You are no longer dependent. It is your turn. You are in charge.

If you adopt the right attitude, everyone can do the same towards you. This applies on every level. This way you can from Mastery reconnect with the Higher Self in you. Allow your body and your Higher Self to merge. Invite your Higher Self deeper into your body, and let yourself be guided on your path. Put energy towards this collaboration and realize that from now on you can expand this contact on a different level.

In service, Masters (who you are). Re-read the above section of what a master is again, yet now with the word 'I', instead of master.

Chapter 24
Many aspects

We have allowed our messenger a few months of rest. She was given this time to grow towards the part which can now be downloaded into her. Because, how would she be able to give words to our messages, if she herself has no experience with the subject?
Now it is the right time to continue with this matter.

Do you wish to feel more powerful? What a question. Of course you wish to. You can use any form of power you need to manifest yourself in the new reality. Many of you are at present quite weak, which is related to feeling split from your soul energy. We have already explained to you, that you now are your Higher Self. This Higher Self had split itself up in multiple self-aspects, which all have walked their own path in different dimension. For instance to learn lessons in parallel lives, to gain experiences or to put their soul essence there with a specific goal. This way the Higher Self is capable of growing to a high level, as many parts or soul aspects are simultaneously bringing in experiences. As a result everything is as it were happening in the now.
At present the Higher Self with your soul aspect is the most connected. You are embodying the soul aspect, which has grown most and which has brought in most of the experience; it is the most conscious aspect. As a result a new and higher aspect of the Higher Self could engage with you, and your old personality could in a way die while the body stayed alive. Your soul was able to shift to a higher level, while keeping the memories of your last life.
We have shared that it is a good idea to step into the position of a Master. As a Master you can request more insights on al the other soul aspects of you, who are in the meantime also fulfilling their roles. It is meant for all these aspects to merge in you again, with all their collected experiences and skills. This is how you are ever more becoming one, becoming whole. The more you gain insight in these soul aspects, the more whole you can become with your Higher Self, and the more power will come to you. You are free to ask for more background information about this. You can ask questions to your companions. They will assist you in this process. By gaining insights you can take certain decisions. First make sure to gather sufficient information so that your decisions can be made in a good way.
Apart from the many soul aspects as described above, who will come together with information, there is more information being gathered. Namely information of all lives, you have had on Earth in the matrix of the third dimension of time. All of this information is available in

the Akashic records. No lifetime is left aside. All information is meaningful and therefore valuable to be taken into account in this process of completion. Why? Your many personalities, as you have had in your lives, will never entirely go lost. They can always show themselves to you for instance in the form of memories of a past life or in a dream. Imagine you had a good life in the fifteenth century as a young woman, who had many children and past away at a young age. Suddenly you can dream about this. Or you are somewhere during a holiday and with ease you remember a life you had in that town. This can often come with intense feelings, which are often hard to understand. Sometimes you are being directed to a certain country to collect pieces of yourself, which were left there as memories. All these personalities and their memories can show up, for example to complete something, for healing or just to complete the memory. After all nothing of your memories goes lost. Or you meet a person, with who you may complete a piece of a former lifetime. Everything has a place and is registered in the Akashic records, which are accessible for everyone. It will definitely not happen that all these hundreds of lives now push themselves onto you. No, that is not how it is meant to be. But it is good to know that this is possible, as some lives carry within them an important message, which you are now allowed to remember or which can release a blockade in this moment.
Imagine you had a terrible fear for fire in this life. A fear, which does not seem to have a clear origin as nothing truly dangerous with regard to fire has happened in this life. You never got burned or alike, but still, you already got scared when your father lighted a match. Now that you are residing in the new reality, but are still walking on the Earth plane, you can still experience the fear for fire. It is then possible to see in a dream that you may have been burned in another life.
Like this there are many memories, pushed away in many lives, which can now in this life in a fast and easy way be remembered and healed. This too is part of you becoming ever more pure as a Light being. It all happens under the influence of the further increasing light frequency.

Another aspect of you is your physical condition.
Your current bodies are utterly charged through the raise in light frequency. Your cells, DNA, glands, organs, blood circulation and nerves, everything is being touched by these energies. You have experienced a whole lot of discomforts, which you have denominated ascension symptoms. Unfortunately we need to tell you that it is not yet entirely over. Your bodies will continue to change. But I can share with you that your body's elemental[20] increases with the energy. Therefore you can as a guardian of your body communicate at a

higher level. You can for this connect with it and address it as the function of your body's elemental.

- I am grateful for all the work you do to keep my body healthy.
- I would enjoy collaborating with you more.
- Let me know, which food I best take in.
- Tell me what else I need to assist my body even better during the ascension process.
- Help me to heal my ailments, by making it clear to me how I have created these diseases.
- When I go to a doctor, please make sure that the correct remedy is being prescribed to me.
- Give me a sign to let me know what is important for my body.
- Send the right types of healing, and the right healers on my path.

The most important thing is that you now connect on a higher level with the guardian of your body, and that you communicate with it in an uncomplicated way, so you can together work on the condition of your body. Realize how unprecedented this is, and equally be neutral towards it. After all so much is happening to you now, that it is best to take it as neutral as possible and to take advantage of it.
Also invite the devas into your life to add extra nutrition and power to your body in this process. Know that this is of utmost importance, as your body needs to be able to move through all of it.
Turn towards the sun, focus on your breath and consciously breathe prana (life energy) into your physical body.

Chapter 25
Your guardians

We have already looked at many aspects of you which are important in this phase of transition to a new reality. Let us list them for you.

- Your previous Higher Self is being more integrated in your body.
- The other parts of your soul are reuniting with you as much as possible, for your soul to become ever more powerful.
- You are becoming your own Master and start a different collaboration with your guides.
- Your guides have in a way become your servants and wait for your orders. They will never act of their own accord, as you are still a free soul in a dimension of free will.
- In addition to this a higher aspect of your Higher Self is appointed to be your new Higher Self. So, in a way, everything has moved up a level.
- There are the many personal lives with personal aspects, which may not yet have been completely finished, which now present themselves to you through dreams or memories to be healed.
- There is the possibility to connect better to your body's elemental for your physical body to be energetically upgraded.

We add a few other important aspects for you. These aspects are brought to you under the title guardians, yet you could just as well call them saboteurs.
What are guardians? During past traumatic experiences you have created a kind of guarding assistance within yourself. This assistance is activated every time a similar kind of traumatic experience occurs.

Guardians can be a variety of beings. Sometimes they are elementals, or they can be deceased people or children, who have joined your energetical body to protect you in case of need. Sometimes they are just split of parts of yourself, manifesting under certain circumstances.

We illustrate this as follows:
Imagine you were bitten by a dog when you were a child. This has caused an inner fear for dogs and maybe even for other animals. Through this, a fearful (energetic) guardian, who also has a fear for dogs, has joined you. This is a protective being. It makes sure that every time a dog gets close to you, you experience fear and flee.

Through this protective being your fear has only increased and it has become near impossible to conquer it through the presence of this protective being or saboteur. Even though the energy of this being helps and protects you against the so-called mad dogs and means well, it is time for you to start recognizing these beings. Why? By recognizing them you can thank them and say goodbye to them. After all they have kept the fears alive in you for a longer period of time.

Like this you can imagine a multitude of traumatic experiences like your father beating you, a swing hitting your head, a school teacher laughing at you etcetera.
Some of you have many of these guardians or split off pieces of yourself or saboteurs, living in your aura. Whenever a certain threat approaches, for instance a dog running towards you, the guardian jumps into action. And every time fear is triggered within you. Even at the age of forty this guardian can feel the need to protect you against dogs and your fear is still intense.
These protective beings are in this time kind of being vibrated out of your aura under the influence of the higher vibrational frequencies. Do you still need these beings? Probably not. Probably you never really needed them, yet they were present. And these energies truly believed that they have done an important job for you. You may never truly have been aware of these so-called guardians. By now tuning into them, a change in your system is already happening. Take your time to connect to them or start with asking - as a Master - the help of your guides to release as many so-called guardians as possible from your energetic body. Some elementals, saboteurs or split off parts, who wanted to protect you, have even caused illnesses instead of preventing them to happen.

In the time ahead situations will be created for you, to be able to recognize the guardians in your life. Here is how you can connect to them:

- Dear guardian beings, I want to thank you for the protection you have given me when I needed you.
- In this moment in my life a different phase has started, where I no more need your help as such.
- I have grown up and can now very well protect myself against the things happening in my life.
- This means that I am truly grateful for all your help and that I am going to say goodbye.
- You may evolve to the light or go back to the place you came from.
- With all my love and in gratitude I now set you free from my

energy field, allowing you to leave or dissolve.

This is something you will feel and again know that everything has happened the way it was supposed to be. Nothing happened without reason. Everything has its meaning. Above all be loving and realize how true their role of assisting you has been. Also realize that you yourself have often created these protective beings or at least have allowed them to come to you at a time when you needed them.
Maybe you will not be able to release them all at once, but trust that you will in the time ahead receive many insights about this, for you to be able to evolve to Mastery ever more. Everything falls to you, because you as a channel of light become ever more pure, natural and powerful. Also, by gaining insights about this, you become a messenger for others, who can accept your help. We too are just messengers and you can take advantage of our experiences. Tune in on us Hathors or on other Ascended Masters for more assistance in this process. We are happy to be of help.
Experience yourself as ever more whole, pure and valuable. This is the healing you have longed for; this is becoming whole. Realize that in this way you act in line with the vast cosmic plan.

Chapter 26
Letting go of anger

There have already been many clues about the aspects of body and spirit. After all it is for a good reason that this book is called Healing with Hathors.

See yourself as a soul, which along with its body is placed in a sieve. You are surrounded by lumps of mud and dirt, representing the lumber, which may be released. All of the lumber and its appendixes will be removed and fall through the sieve. What stays behind is the pure diamond of your soul, which you represent, and who moves on to a new life in the new reality.

And as always it are the last pieces of lumber, which are the hardest to remove and let go of. Yes, your diamond cores are becoming ever more visible and now we have reached the deepest layers.
What is left when emotions like pain and sorrow have been released? When all energies and entities have been purified and when old thoughts and patterns have been adjusted? When our Higher Self settles into us and when we have had to leave behind many things, people and our work or home? There are still a few layers to go. The first of these layers is talked about in this chapter and the other layers will follow.
For this layer we go back to emotions. You may have run into them lately. It often was about sorrow, old pains and fears. If you have been able to feel these emotions briefly, yet in full intensity, and if you have been able to release them through your breath, you have already cleared out a lot. But, you may not yet have reached the core. The core of your emotions is a master in hiding, both for yourself and your surroundings. The emotion we are now going to discuss, is laying entirely at the surface and is ready to be transformed. It is the emotion, which has always been avoided to be expressed. Many will understand it, when I name it. This is namely about the theme of anger. Yes, beloved humans, anger is the hidden emotion, you fear to show. Rather have you pained yourself in the past by swallowing your anger time and again. How many of you haven't dealt with a sore throat and with blockades in the throat area? Both with regard to their creativity and their verbal ways of expression. Anger is also the root cause of many illnesses. Many did not want to express the emotion of anger and it has caused so many implosions within your bodies. Why have you done this to yourself? Well, that is what we wonder too. Because we, the Hathor people, who have back then lived on Earth, have on the contrary used our anger as a start up power to serve for example a project or creation. Because, behind or within

anger a lot of power is hidden. It is the power which could turn so much in your lives, if well used. You have struggled so much with it, at least many of you. However, now we aren't talking about those, who when relevant or not have poured their anger out over their surroundings through cursing, screaming, hitting et cetera.

Unexpressed anger is the theme of this chapter. It is a profound feeling within you, which was touched upon, for example:

- Anger, when you disagreed with something you were asked to do.
- Anger, when you felt pushed into powerlessness through a situation or person.
- Anger, when you or someone else was treated dishonestly.
- Anger, when someone intently hurt you.
- Anger, when your weakest areas were touched upon.
- Anger, through the unjust behavior of someone else.
- Anger, for not being seen for who you truly are.
- Anger, because your opinion apparently does not count.
- Anger caused by intense disappointment.
- Anger, because your boundaries were crossed.

Anger in its purest form is something good to experience. You can express this anger in a truly natural way. For example: allow sounds to come from your throat, expressing the extent of your anger. Don't feel embarrassed to do this. It saves you a lot of problems. Let these sounds rise and see how your body reacts to it. If it is intense anger and you allow your body to handle it, the anger can be released. It does not have to be expressed in an aggressive way. It is purely an experience of the senses, which you give room to leave the body. Maybe you are wildly moving in the room or hitting a punchball. It can even be expressed through wild dancing. Allow the movement to be. Feel the primal power behind the expression. Expressed in a positive way this energy can move mountains. Are the people, who have triggered your anger, still around? They will only be able to respect your feelings. You have got nothing to hide. Purity of being is the right way of living in the new reality; be your own authentic self.
Allow yourself to profoundly feel and to express the emotions, when anger crosses your path. Anger is a perfectly normal reaction. It has everything to do with boundaries, which are being crossed with regard to you and your self-worth. It is a not to be misunderstood reaction of the ego, which is deeply hurt and wants to be expressed.
Often you people say 'You stand above it. Don't take it personally.' But, of course, this is not how it works. At least not for everyone. After all you are still human and your personality just is easily bruised. Some get angry sooner than others. And some know to dissolve the

anger within through sports or running. Others process their anger through creations or through actively working with their body. And a vast group, in this special time, is now hitting the wall and has to deal with old attached anger, maybe even from many lifetimes. This is when the ego and emotional body are being profoundly purified in areas where people had been deeply hurt, even within your own heart. Don't you want to be entirely freed of this? Maybe you want to take part in a course of bodywork, or maybe it is a safer setting for you to go on a forest walk by yourself and to make sounds and movements, needed to hold off and release. Maybe it is through screaming or by stamping on the floor that a lot of anger is being released. Help one another and acknowledge each other for the parts that are ready to be healed. Allow it to become socially acceptable to express anger in a personal talk, for instance like this:

- Anger is often a way of expressing that a boundary is crossed. Tell the person crossing the boundary: "This is my boundary. You have now crossed it." Often it is already enough to acknowledge your feelings.
- "Now something is happening which touches and hurts me deeply. I ask you to give a moment's thought to my feelings of anger."
- "I want to express my feelings of anger. I do this in your presence, so that you too understand it has touched me deeply. Can we talk about this together, so that the intense feelings within me can dissolve?"
- "Can we pause our conversation? I feel anger. Give me a moment, so that I can release my anger in movement."
- "Can we maybe go for a run together? I feel that anger has been triggered in me, and I would like to release it, so that we can continue our talk on a higher level."
- "Can I have a time out? I am going to do a few exercises in another room, so that I can clear out the anger within me."

Can you imagine being this open and honest about your feelings? The word respect is also appropriate here. When you can have respect for the other, who is experiencing anger, and when you can assist to release this anger, also by showing sympathy or by giving a sincere apology, it is to be praised. Allow each other to express anger, even if only through saying the words "I am angry."
It helps by making a start with this. We see that many will soon be truly upset. Especially the people, who think they always have to be loving and kind, will notice that there is a lot to release. Just like all the people who have been suppressed, and who powerlessly allowed it to happen. Never focus your anger on someone else, not even a plant

or tree. The energy of anger can be life threatening for some organisms. Acknowledge your anger and turn it into something positive, into a healthy way of interacting. Make it socially acceptable within your surroundings.

Anger is liberation
of old contained emotion.
Suppressing anger
leads to inner weakness
and depression.
Using anger constructively
can lead to
the discovery of your power,
your passion and your will power
and will bring huge changes
in your lives.

Hathors

Chapter 27
From anger to power

We want to stay with this subject a bit longer, as we notice that it is a current topic. When we look at your society, now and in the past, we notice that many leaders, including and specifically religious leaders, have abused you humans. By punishing anger and by discrediting it, people have become fearful of their own anger, and of the anger of others. Add to this that anger can at times be quite explosive and expressed without any form of respect to the weaker ones, like women and children. And through this is could lead to murder and homicide. This cannot be justified.
These intense emotional expressions have therefore stirred a kind of profound fear for the inner primal power in yourselves, which is in fact extremely healing when used in a constructive way. Fear for this profound inner power is what your leaders have abused. Through this fear they could suppress the people. Just feelings of rising anger were already enough for you to instantly suppress your anger. This happened also because of the hidden memories of past lives, in which situations have emotionally escalated. Also the threats of torture and imprisonment of your rulers, when expressing dissatisfaction, have contributed to the suppression of anger. Suppressed anger can result in intense, out of proportion outbursts. Also, suppressed anger can lead to passivity, fears and depression, and exactly this energy is what many of you recognize in your lives now. It served the rulers well. It protected them from you standing up against their policies. It turned humans into meek lambs. What is easier than ruling over a people, who do not resist? You are fearing your own 'red energies' within your body. The energies of fire, passion, emotion and creation are all inter connected. Anger also carries this fire within, and when you use it in a positive way it can turn out to be or transformed into passion and incredible perseverance and courage to start the renewal of creation.
Suppressing anger in fact is suppressing the behavior of the human, and thus the suppression of the creative power of the human.

- Recognize it when you are angry.
- Acknowledge being angry.
- Embrace your anger; it is allowed to be.
- Process the anger within you.
- Give this energy a positive way of expression.

In many eastern countries, like India and China, it is understood that anger is related to the fire within the human. Extinguishing the fire creates illness. From the yin-yang principle people in these countries

understood that a certain level of anger was needed for a balance in the body. They could do a lot with herbal mixtures to bring people more balance. By fanning the fire, illnesses were kept away.
They equally used all kinds of martial arts, like sword fighting and exercises like Tai Chi, Chi Neng and yoga. This allowed them to fight it out in a controlled way, and to fend it off by expressing their inner powers outward with precision. Chi represents the own body flow and to let it flow in the right direction and balance. This way anger was a power, which could be expressed in a controlled way through these special exercises.

In the western world this refinement was not available and anger was still reason for explosive behavior. Especially from the male power anger has often let to undesired violence. And just like conscious power struggles, this is of course not acceptable. While this infinite power of fire is truly a beautiful energy, when conducted in the right way. The power of anger did finally lead to resistance and revolution in your world - like in Russia and France. But this only happened after people had gone way past their boundaries for a long time. It therefore was the expression of an explosive anger, which turned out to be of little use. The revolutions led to the shredding of a lot of blood.
(Note added in February 2012: anger of citizens of countries like Egypt, Libya and Syria has resulted in revolt, chaos and change.)
Yet, this is not what we recommend. Organize yourselves with love and determination, and deal with your own anger first.

You as humans do not yet know, how you have been bullied by your so-called leaders, who always had their own best interests at mind. Luckily there were also good leaders, which you have recognized as such. Ghandi, for example. He led with love, and this too created change. The harm which has been done to you by your leaders, and by the leaders of churches and religions is still present in your genes. Just like the anger about this. Therefore most humans are like a barrel of explosives in this special phase of the evolution process of your Earth and its inhabitants. Everything in you needs to be purified, including these profound emotions of anger. Many of you are carrying a sleeping tiger within, without being aware of it. However, the right circumstances in the time ahead, will awaken the tigers in you. Many of you will no longer accept the stricter rules and control in your world. Many will through the consciousness-raising processes realize that they are being fooled and that they also have been fooled in the past. Many will very clearly see through all that is happening in the world and they will no longer tolerate it. Authorities in your surroundings will in an intense way trigger the anger of awakening

humans. This could be a cop, a civil servant, a teacher, a boss at work or even a parent or partner. Each of you will experience this in a different way, as you will be triggered in your specific weak spot. Very many will face their own intense feelings of anger. And because of you having been prepared, you will realize that each of you can dissolve this anger within. And it is a process, in which each of you will be handed the right way for him/her to deal with it.

Free your emotional body now from these profound feelings, and do it in the way we have shared with you, without hurting someone. We recommend making sounds from your throat and to allow these sounds to flow; just let them flow. Use a lot of breath work, as it is healing.

When you notice that the old attached anger is gone, you reach the current layer of anger, and you are going to use it in a targeted way. Not at random or with the intention to hurt someone; no, in such a way that you feel the power of the fire energy clear the path for you. It is a power which, if well directed, can be used to bring change. This then happens without any form of violence; it is a constructive power, which can speed up processes. As you can now for the first time feel what it is like to deal with this constructive power, it is liberating. Acting often just needs the right type of energy to get started. Now, don't hold back, transform your anger into an energy which gets you going, because you want to create change. Join forces with others. Certainly do not express your powers in a physical way. You can use the powers of the spirit, the power of the word and the power of being stronger together. Join forces with like-minded people and always ask your Angels and Guides for assistance. Continually ask for the changes you start to be for the highest good for yourself and your surroundings. Work with the white ray[21] and know that you work for the highest good of the cosmos.

Interestingly you will notice that by acknowledging the anger or indignation, the negative load of it will disappear and will offer room for enthusiasm. A healthy energy of will power arises, as you realize how productive this type of energy is. Your enthusiasm and will power take the lead. This powerful energy leads you on your path and causes core-level changes. Feelings of guilt over anger from the past simply dissolve and are being replaced by perseverance and passion, which are awakened in you. It feels liberating. Anger is only a power needed to get people started. Because when you are falling asleep during a situation, you would not be willing to even try to create change. After all, from the unstable situation putting you to sleep, created by a government claiming to take care of you, only very few people will even try to free themselves from their way of life. There just won't be a need to take action.

What is going on in your world now, people, is of a coercive nature. You are forced by the circumstances to take action. There is no more stability in your space. Chaos rules. The side of the dark, and the people, who call themselves your leaders are undermining. And this undermining has now become visible to many of you. You discover how you have secretly been disempowered. We would like to say that you are being made drowsy, and you passively surrender to misgovernment. Of course not all management is bad, it is always important to use your discernment.

How are you being made ill and passive?

- You are pushed into a trap by the many rules; you have no other way to go.
- You are weakened by chemicals, like chemtrails in the air, antibiotics in your meat, fluoride in your water et cetera.
- You are threatened and in fear of the dark through terrorist threats (which are highly being exaggerated by your leaders).
- You are made ill and weak by messing with your food, to which many poisons have been added, like: fluoride, aspartame, sugar, manipulated food, fertilizers, antibiotics (in meat) and all kinds of additions like e-numbers and flavor enhancers.
- Your water is more dead than alive and determines your health.
- By paying high prices for fuel, environment and taxes you are becoming poorer and ever more dependent.
- Through excessive control they gain power over you, as the rules can be twisted in such a way that they can arrest you for whatever does not suit them.
- Your mobile phones, microwaves, UMTS antennas and wireless internet create a sickening radiation, weakening your bodies.
- Through many applied medications and vaccinations you loose the grip on your health. Your immune system and brains can get damaged.
- Via the fears (installed upon you) for crisis and future violence you loose the courage and fighting spirit to stand up for yourself.

Can you still pretend this does not concern you? Do you wish to believe things can continue in the old way. Or do you maybe believe that, now that you are living in the fifth dimension, you can entirely withdraw from it? Some of you, who are focused on creating the new world, may not be hindered much by it. However, those of you who have promised to assist in the old world, may have to deal with it.

Each of you will be touched in its own specific weak spots, now or in the near future. All of you will realize that action needs to be taken to co-create the transition of the Earth. Don't be misled by nice images or words on TV. It is often even more convenient to not watch TV. Unfortunately newspapers and media are not allowed to share truths.

Step into your own power.

If you are being promised that you will be saved by extra-terrestrials, we need to tell you that this is a choice, an option for each of you individually. Yet, the result could be that you again hand over your power and not step into your own power or into action, as you are again waiting to be saved. Many extra-terrestrials are already part of your adventure. But they will not be able to save you; you only save yourself.
Big light ships to move you? Is this what you are going to create, and what you hope for? You have always taken your own decisions on your Earth, even the decision to be exploited and fooled by your leaders was yours. It also was always meant to be your decision; and so it is in the current situation. This time as well, you will be able to do the job. So don't wait for anyone else to save you; save yourself. Face the fears for your anger and bring yourself into a healthy situation of action. Feel the energy of the fire within you, which you have not felt for centuries. Feed this energy through your enthusiasm and passion. Do it in a positive non-violent way.

We invite you to take on the discovery within yourself. Let the fire be fanned and allow yourself to do this in a non-violent way. Say: here are my boundaries. If you believe that there is no work to be done in the fifth dimension, you are mistaken. This too is part of your job in your new reality.

Chapter 28
Energy codes

We continue with the next, equally interesting topic. For this we want to share some background information about your 'past Being' in the third dimension. You have been able to exist in this dimension thanks to the energy codes[22], which were right for this field. In a way it was necessary to hold you in this dimension with its specific time and space aspects. After all your DNA is not entirely aligned with this energy. From your arrival on Earth through the womb you have been connected to codes, which allowed you to stay in this third dimensional energy.
First the code connected to your constellation has been added to your energy body. This happened based on your day, time and place of birth. An astrologer can help you with the decoding. This blueprint connects you to the system as it is functioning here on Earth. It allows you to fulfil roles, which take place according to the code of your blueprint, through your personality and body.
Other codes have been added. In a way you look like a barcode. Every one of you has a coding, which is suiting you. You have made agreements with regard to most of the codes, while you were creating your plans for this world. And you have agreed to these codes being implemented and activated. These codes are your 'being' is this dimension and they allow you to function as you did or are doing. A part of your free will is always available to you. Which means that you could bypass or even change certain codes if you would wish to do so.
Your role is built into your system. Your roles, character, experiences and meetings are all part of the system. And so is your ascension process. At a certain point in your life most of you do realize that a vast part of your life was pre-programmed. You discover that the entire Divine game works in an incredibly perfect way. There may be codes within you, which have not yet been discovered. These will at their own perfect right time be activated. This can be under the influence of an energy, a human, a situation, reading a book, falling of your bicycle, through illness, through something you find in a certain place, a trip, a crystal or through a dream. All these kinds of events can activate codes.
Below we list several kinds of energy codes.

- Some codes contain old wisdom, to be released at a specific time. Some codes contain memories, ancient knowledge or gifts, collected in other lifetimes.
- There are codes, which have been added to make your life

more profound or difficult. See it as extra baggage to be able to experience even more while on Earth.

- There are codes related to your birth chart. Energies of the stars influence your character, your lessons and experiences. You still have your own options, both on a soul and personal level.
- Some codes are related to duality here on Earth. The energy of this planet has been divided in two, what has created two opposing polarities, even though they are connected to one another. You yourself can decide your choices. For example good-bad, love-fear. These codes keep you in the third dimension, therefore it is important to crack and release these codes.
- There can be codes of unprecedented powers or gifts, which are only released under certain extreme circumstances or when you are truly ready for it. This is to protect yourself. When the moment arises, you can truly surprise yourself.
- Special codes have been added for your own ascension process. These too are activated when you are ready. This has among other things to do with your Merkabah or light vehicle, which allows you to travel multi dimensionally.
- Codes have been added to your brains, which connect you to the reptile energy within you. These keep you in fear and negativity. You can have these codes released.
- There can be implemented codes, related to old lives and handicaps, resulting in the repetition of actions, without you understanding this.
- Secret codes can have been implemented by strangers (for example extra-terrestrials). These are also called implants. You may not be aware of these, yet they can hinder your processes.
- There are codes which are hard to decode, and of which you are not sure if they will truly work for you. These are related to the progress of your growth, and it may be a matter of waiting for the right moment.
- Codes can be connected to the new reality. These will be activated through the increased light frequency reaching the Earth.
- There can be codes holding the blueprint of a next live. These in a way connect you to this next life.

Regarding the last type of code we add that there are people on this Earth, who are already past the codes of this lifetime, and who have started working with the codes of a next or even more future lives.

This is what we call reincarnation in the same body. Some of you will know what we refer to. Some of you have gone through a near-death experience to continue with their next life with new codes, without having had to change bodies.
This can equally happen without a near-death experience. One way or the other the person will know about it. This can for instance be when one soul retracts and another soul inhabits the body, which is called walk-in. If this happens it is a pre-arranged agreement between these souls. Everything happens in the right order and under supervision of the Masters of Coding.
Many of you experience now, in the transition to the fifth dimension, a fast process of decoding of the Ascension codes. You notice, that you may allow yourself to be guided more by your feelings, intuition and inner knowledge. It can be a feeling of having to visit a certain place or taking a trip, and knowing this to be true regardless of logics. You can experience the opening of a code within you while touching a crystal, wearing a ring, meeting someone, the words of an astrologer, hearing a single word, watching a movie, reading a book etcetera. This too is a sort of knowing.
Some old codes are stored within your bones and through a fall or a broken bone these codes and the connected ancient knowledge can be freed. You can ask yourself or your guides about the meaning behind situations. Sometimes an old connection - to a past life - is released.

Let us give you an example:
Imagine someone had a past life, which was heavy for its first chakra. This can touch on feelings of security in this life, which have created disruptions in the first chakra. For instance someone, who was handicapped through a fall from his horse. In his current life he can experience feeling unsafe. Through another fall in this life, these old memory codes can be cracked and this handicap can be healed. In this case the first chakra is healed and more safety can be felt. A huge shift can then happen in this person's life.

By reading these words you may yourself experience a decoding in this moment, as words have the power to open doors within you. Sounds too are wonderful gate openers. We use these a lot. Especially the codes of ascension will be touched by sound. You can experience goose bumps or sudden memories or thoughts. Some people may feel nausea or a floating feeling in their belly. Each of you is handed the keys to the doors within in your own specific ways.

Opening or removing codes can bring you ever more close to your new reality.

Many of you have already transitioned to this new world, while you

can still feel connected to the old world through people, your children, your loved ones, activities, possessions, worries, thoughts et cetera. Unfinished codes can also keep you connected to the old, while you are already dedicated to the new world. If this bothers you, you can take steps to let go, but don't force anything. When you are ready to look at old codes, connect to the Masters of Coding and to your own guides. Ask for all codes, which no longer serve you, to be released or transformed.
You can also work with friends on this and support one another. Always do this for the highest good for yourself and your surroundings. The same applies to the codes of your astrological blueprint, which you may ascend from in this time.
You can also ask for codes, which have not yet been opened, to be activated for you if it serves you in this moment. There is a cosmic order in everything. Therefore everything happens in the right way, at the right time and place.
Ask the Masters of Coding to let it all happen in a flowing and healing way, for you to go through this process with ease and grace. All of the topics discussed in this book, related to healing of your old self, may happen step by step. Move through these processes from and with love.

Centre yourself in your heart.

Chapter 29
The flow of your energy

All of the topics in the previous chapters are related to freeing your life energy, so that it can flow optimally, as it was originally meant to be. In a way you are like barrels holing light. When you came to Earth, you were Enlightened Beings. As babies you entered Earth from the Oneness. This energy can clearly be felt with your new-borns. Specifically with the special ones, which have been born in recent years. You refer to them as Children of the New Earth, which include the crystal children. They all carry a tangibly strong energy, which touches many humans through its pure beauty. During your lives the life energy will be closed of due to fear, disappointment, pain and sorrow. And it seems as if you are more and more turning away from the light.
Some of you have become so disconnected from this energy that they become ill and eventually die. There are people walking on your planet, whom we look at in surprise, as we believe they should have died long ago. They hardly breath and their aura is weak. Disconnecting from your life energy or chi, is a process you do yourself. You always have the choice to change this. Unfortunately many do not realize that they have this choice, and they continue without life energy till they literally drop down. You are not meant to continue this way. In fact you are meant to stop. Stop doing what you are doing. No, we don't mean that you should stop reading this book. Stop, look around you. Where do you stand in life? Take a look at yourself. How are you breathing? How do you feel? Do you have enough rest in your life? Are you very fearful? Do you sleep well? Or do you drag on?
This book has the intention to contribute in a positive way to the healing of your life here on this planet, so that you can fully healed enter the new dimension.

Stop thinking; thinking diverts you from your essence.
Stop making up all kinds of dramas; dramas are kept alive by you.
Stop being so fearful; where there is fear there cannot be love.
Stop worrying about others; it is meant to distract you from yourself.
Sit down and feel: where do you feel the flow of energy? Where do you feel a subtle sensation of well-being, of a gentle healing energy flow?

Of course many of you have already reached this point. Yet, for those of you, who read this and are ready for it: set to work to let your energy flow. We see so many humans, whose energy does not flow. Their energy is stuck, it can no more find a way through clogged

chakras, meridian systems and blockades caused by stuck emotions. Now, with the intense rises in energy frequency as a result of the light coming to your Earth, which will touch you in all possible fields, you should be flowing even more. It is extremely important what we want to hand you with regard to this.

- Breathe deep.
- Maybe rub your hands against each other till they feel warm and till the energy flows in your hands.
- Put your warm hands on your feet, on your legs and on your belly and feel the flow of energy within.
- Open your chakras by putting your hands on each of the chakras, just as long as you feel or as it takes for the energy to start flowing. Continue till your body gives you the sign that it is enough.
- Join with a friend and let your hands touch to let the energy flow.
- Feel the flow of your energy on a daily basis. You can also do this with your children in a game-like way.
- Take regular foot baths. Feel the energy flow from your feet and pull this relaxing energy up through your body.
- Maybe you are already familiar with energy exercises like yoga, tai chi, yin sin tzu or acupressure. Look into them, and try them for yourself.
- Go into nature, and move.
- Pay attention to a good posture, straighten your back so that the energy can truly reach all organs through the chakras.
- Meditate; come back home to yourself, both mentally and physically.

Apply these basic exercises if they resonate for you, and do it regularly. There is only one order left: let your energy flow. Many of you are at present literally burning out because of the high energy frequency which cannot flow through your body. Headaches and heat-attacks are common when the flow of life energy is blocked. You are the ones here on Earth now, who have promised to be an instrument of God; to let the energy through your bodies flow into the Earth at the place where you live or visit. What we notice are people, who look like balloons, filled with blocked energy. It results in increasing pressure in their heads and in not daring to ground at a planet, which may already feel dead to you. If you wish to, ground yourself in the new energy of Mother Earth; there is nothing wrong with this. Breathe, breathe, breathe, this is essential for your circulation. Breathe in the light, exhale it through your heart and let any blockades dissolve. What we notice most are the ones, who have blocked energy

in their heads.

Pull the energy to your heart. Send a white-golden ray out from your heart to touch other people. Feel how a space fills up with your energy, and how you can use this energy with everything you do.

- Are you cooking your meal? Let the heart energy flow into the food.
- Are you writing messages? Send the heart energy along with the message, if this resonates for you.
- While grocery shopping, direct your beautiful heart energy to the people around you and to the groceries.
- Do you work with ill people? With medication? With children? Let the heart energy flow, every day again.

You are truly beacons of light. Your codes with regard to dealing with energy will all slowly open and unfold themselves. A whole new world will open up to you, while you walk through the new reality. You will radiate from your eyes, hands, feet, hearts and heads. Your light will accelerate when it becomes clear that you are ready for your beautiful role. It is truly joyful when you anchor the energy on your planet and when you see what it does to these places. People will start to notice it. Children will intensely look at you. Animals will stare at you. You are your own healers and the healers of the Earth. Yes, you are the ones and this is what we have been trying to tell you from page one. We are standing on the side-line of this magnificent event here on your Earth. It is not just us standing here. Many other extra-terrestrials, Angels and guides are standing with us, watching you and the way you are dealing with the energy; how you stay afoot with incredible courage and perseverance.
We so often would love to reach out our hands, just to help you. You can reach out to us if you desire so. We won't go away. No, because we too are present in this magnificent process. We too will change through your shift into the new reality. And you are amazing Brothers and Sisters.

Chapter 30
Sound and color

Once we inhabited your planet, and we have lovely memories of it. Many of us have gone through magnificent processes, and have been able to experience what we had not been able to experience in any other way. Our life back then cannot be compared to your lives now; also because we were a society that treated one another from a high heart level. We always grew together and there was little to no duality in us. We had truly been well trained before we visited the planet and we knew exactly how we wanted to deal with our learning processes. We always treated one another peaceful and respectful. We had set ourselves different goals than the ones you came to experience. Yet, we could experience emotions while on this earth. For us these emotions were a truly essential aspect at your planet. Even now we can apply the lessons learned to our current reality. Feelings and emotions were vital processes we wanted to explore. Therefore we have many experiences we can share with you. The emotions, which we experienced openly, were visible and tangible for all. We did not have any secrets for one another. Sharing our emotions was actually an almost sacred happening. We had profound respect for one another, and we knew it to be truly special to be able to experience and share it. It was like an art to let the emotions flow freely, without it getting out of hand. We did this in a very special way, namely through the use of sounds. During the time we spent here, we have been able to specify these sounds, and finally we became Masters of sound and color. Sound and color is all we needed to heal. Finally, at the end of this book, we want to share with you, how you can benefit from this.

The sounds we made, came from our throat area, which also purified our emotions. In your world everything is vibration, and everything has its own specific frequency. Also every type of emotion has a distinctive energy. We learned to recognize the frequency of emotions and we learned which frequencies were needed to be able to release these emotions. Every day we dedicated time to the purification of our emotional bodies. Through this purification we were protected against illnesses. We were a very healthy society. Not only healthy, also loving. Joy and happiness accompanied us every day. Every frequency of sound we created with our throat had a specific color connected to it. In a way we inhaled this color through the pores of our body. Just like you have massages to de-stress, we had beings among us, who were specialized in sound and color to ever improve this therapy.

Centres or temples were created where we filled rooms with a specific sound and color. While laying down on beds in these rooms, full

relaxation could be reached. Also often colored water and crystals were used for sound and color therapies. The relaxation we could reach through this, is something we have never been able to see with you. I dare say that we were masters in this field. In our communities we used a lot of colorful water fountains, which gusted out water on the most beautiful sounds, which could bring tremendous feelings of rest and peace, even during our activities. This is what we wish for you; this profound relaxation, which allows you to release everything. We have later on seen this sporadically on your Earth, but never with the same depth. We tell you this, because we would love to share it with you. Therefore we invite you, if you wish to, to close your eyes and to join us in meditation.

Connect to us and while you relax on your bed or couch, ask us to experience the special sound, color and water therapy. You can also do this just before you go to sleep.

- Start with a few deep breaths and flow along.
- Visualize lying on a crystal bed in a temple of sound and color.
- We make a journey through all colors of your chakras. The colors we use are different from the colors you can perceive, but you can ask if you are allowed to perceive our colors. Imagine it as the colors of your rainbow with more fluorescent shades of each of the colors.
- The sounds you can hear are all very gentle and loving and connect with your emotional body.
- Each of you, who wishes so, is invited to actively participate by making sounds with your throat and lips; just let it flow as it comes.
- Take the time to go through your chakra system from the bottom up. Do this with the colors in the following order: red, orange, yellow, green, blue, purple, violet and white. Place gold in your aura as it has very healing properties.
- Experience the rest within. If you experience pain anywhere in your body, place your hands on it and give it a color. You don't have to do anything other than having the intention for your body to heal and purify through the special sound and color.
- Feel for yourself when you are ready. Finally you can ask us for an energetic suit in the form of a tight overall made-to-measure by us, which has the right colors for your body at the right places. You can wear this energetic suit to strengthen your system.

It would be an honor for us to be allowed to assist you with the profound feelings and emotions, you wish to release. This is an essential process for the purification of your bodies. You may release everything in love and healing, to be able to experience flow. In the time ahead of you, it will not always be easy for many of you. We truly hope that our lessons for healing will be accepted by you with gratitude. We also wish you joy for the process. Again we wish to express our respect to you, for the way you dedicate yourselves to your new reality. Always realize that a new reality starts in your brain, under the influence of raised consciousness.
Everything is a state of mind.
It requires your actions and your creative powers to be able to realize everything in this new reality. All in collaboration with Source. You are doing it. With these words of awe we wish to say goodbye, that is in terms of the messages in this book. You can always connect to us.
We are very grateful for our messenger and hope to be allowed to use her commitment again.

We bow our heads in service, and leave you in peace.
Allow yourself to be touched, and transform.

Ascended Masters

Below is a list of Ascended Masters you can call upon to assist you in your ascension process.

- The ruling King of the World: Sanat Kumara
- Master of the World: Buddha
- Planetarian Buddha: Maitreya
- World teacher: Master Kuthumi
- World teacher: Jesus Christ
- Lord of the seven rays: Maha Chohan

1. Chohan on the first ray: El Morya
2. Chohan on the second ray: Lord Lanto
3. Chohan on the third ray: Paul the Venetian
4. Chohan on the fourth ray: Serapis Bey
5. Chohan on the fifth ray: Hilarion
6. Chohan on the sixth ray: Lady Nada
7. Chohan on the seventh ray: Saint Germain

- The Hathors
- The Goddess Hathor
- Master Djwal Khul
- Lady Astrea
- Lady Mother Mary
- Lady Mary Magdalene
- Lady Quan Yin
- Lady Portia
- Master Babaji
- Master Afra
- Master Confucius
- Lady Cassiopeia
- Lady Rowena
- Master Arcturus

Afterword of the Hathors

Finally we want to give you this message.
There will be a moment in your lives - for some this moment has already arrived, for others it will be in the near future - that you take the final steps in your Ascension process. This almost feels like the passing away of your Earthly body and it includes the letting go of everything you believed, provided you safety on this Earth. You will enter a kind of crisis and each of you will experience it in a unique way. Nothing will ever be the same again, and you may feel hopeless, alone and abandoned. It is not our intention to make you feel fearful. This crisis will result in you letting go of the last straw, which offered you safety in your old world. It feels like drowning, and your fear could turn into panic. Only at the point where you go from fear to surrender, will you realize that you have reached a truly peaceful way of being. Peaceful in every single way, as you have nothing left to loose, and you are fully open to what is to come. This point, which you call transcendence[23], is the moment of your life in which you through full surrender enter your new dimension of a higher existence. You will know it when this happens, and you will remember our words. You will feel like you are dying, and in a way you go through a process of dying, the dying off of your old existence. Your Guides and Angels will assist you in this process.

You will get an entirely different view of your existence. You feel like you can no more live in the old way. And you claim your right to live in peace and love. And this will happen. You will no longer connect to the panic and the crisis in the world; you are no longer part of it. You stand outside of the old world. And it feels good. It feels incredibly good. You will probably through a dream or messenger hear that you have arrived. And your life will never be the same again. Never.

In love, and with blessings,
The Hathors

Afterword of the author

It was a very special journey, the Hathors invited me onto. I have often experienced being guided through a certain situation, to be able to share about it afterwards.

I ask for your understanding that I am here only the interpreter of the energy of the Hathors, which has been colored by me as a personality. All, which you read, is my best possible translation of their messages. It is up to you to decide for yourself if you wish to accept these words as such.

Each of you is free to experience these words as true and to accept them or to reject them. The Hathors have clearly shared that they have no intention to convince. Who, like me, can strongly feel the connection with the Hathors, will feel their energy of love in their words.
I also wish to express that I have hardly changed anything in their words after they had been written.

I am truly grateful for all, who have supported and assisted me during the writing of this book.
Finally my thanks go out to all, who help share this book, for these messages to be available for others as well.

Each of you will have his/her own opinion about the words in this book. Your opinion is respected.

I would like to conclude with the words:

From my heart, I wish you love and peace,
Lia-Ariël

Afterword of the translator

The story I am about to share might have sounded strange before you started reading this book. Yet, now that you have finished it, it will merely be a confirmation of how it all works.

A few months ago I expressed during one of my channellings that I felt a bit useless and unfulfilled. Mary Magdalene had a good chuckle, reminding me of all the work I was doing on an energetic level and on the subconscious levels. I kindly reminded her that this did not particularly fill my days. She winked and told me not to worry.
Soon after someone posted the link to the Dutch version of this book in a group chat. I instantly downloaded it. Not in the last place, because a friend had about a month earlier mentioned that I might want to consider learning more about the Hathors.
As soon as I started reading, I felt my body react and the thought arose that I had to translate it to English. My logical brain told me that it was rather unlikely that after all these years it had not yet been published in English. Of course it hadn't, my inner knowing was right; a code had been activated and a role had to be fulfilled.

I have given it my best to translate this book in a way that does justice to the energy and message of the Hathors and the author, and I felt assisted by them throughout the process.
I followed up on a promise made long ago, to contribute my skills, knowledge and energy to help make this book available for people around the world in this special time.

In love and light,
Monique Teggelove

Egypt, September 2022

Other publications by Lia-Ariël Hermans

Heaven with Hathors
This book is the continuation of the sharing by the Hathors.
Free e-book Heaven met Hathors published in Dutch in 2015.
The English translation is expected to be available late 2022.

Notes

[←1]

When women rule, and men or male energy play a secondary role. Characteristics of a matriarchal rule are an administration based on female qualities, like love and compassion, with attention for growth and less for power.

[←2]

When men rule and women are in a secondary role. A patriarchal administration is often characterized by a lot of power and aggression, which not seldomly results in war or other forms of violence.

[←3]

When your soul is done with Earthly lessons, you can make the way up to Source. This allows you to rise above your ego and to reach a higher light frequency. Now, in the final stages of the big experiment on Earth, everyone is given the chance to ascend while staying in the own physical body.

[←4]

A created energetic field in which a dimension exists. Within this field it is possible to experience and learn in kind of a virtual world, which can be experienced as being very real. Once you understand the field, recognize the rules, acknowledge and outgrow them, you notice the illusion of this created field and you will be able to exit it.

[←5]

Our Higher Self is a bigger part of our True Self, residing in the fifth dimension or above. It is such a magnificent being that it does not fully fit into our body. It directs our soul if we are open to it. Our Higher Self has the overview of our goals and plans.

[←6]

These are the white lines in the air, left behind by airplanes. These are not the regular white lines (contrails), which quickly dissolve. It is about consciously released toxic substances in the air, which remain for a longer time visible as white fog. There is talk about substances like aluminum, barium and titanium. These can be unhealthy for humans, animals and all organisms.

[←7]

This is kind of a pre-programmed energetic field, which in a way gives a certain direction to your life. It is connected to your energetic body and also determines your character structure, experiences, lessons, the role in life et cetera. The soul decides how to handle it. Earth too has her own blueprint.

[←8]

Teleportation is the technique of moving objects, without touching them. Purely by the power of thought. Currently research is being done about a complicated technique to reach this same result through atoms.

[←9]

The matrix is kind of a grid in which we, as inhabitants of the old earth, reside. Those, who reside within this grid, are through this grid connected to all the rules and agreements with regard to the third dimension. Thus it is possible to fully enter the earthly game as being the only reality. If you wish to ascend from this grid, while keeping body and spirit, you in a way have to make your way beyond the gate keepers of the grid. This bring up all kinds of fears, old pain, sorrow, shame et cetera. As a result some who wish to enter the new reality, may face falling back and giving up courage. However, once you realize it is all an illusion, you will be able to travel through faster.

[←10]

Reptilians are beings from other planets, who have a reptilian body. It is said that they cannot express emotions and that they are a heartless people. They have joined the humans here on earth in human form, and live of the energy of the human emotions of pain and sorrow.

[←11]

A vast number of psychological tactics, which can result in someone's ability to control its thoughts, behavior or decisions, consciously being taken over by someone else.

[←12]

Everything is energy and every energy has a specific frequency. Wealth, love and beauty are higher energetic frequencies. Fear, poverty and sorrow are lower frequencies. Frequencies can be measured with certain devices, designed for this purpose. Everything exists of vibration and everyone has its own specific vibrational frequency. You could call this Hertz. In this time of transition to the new earth all vibrational frequencies are rising under influence of the increasing light influx via the sun to the Earth.

[←13]

The planet Nibiru is also called planet X. According to the writer Zecharia Sitchin this planet enters our solar system once about every 3,600 years. It influences the Earth, creates earthquakes, volcanic eruptions, tidal waves et cetera. It is said that this planet is getting closer again, and it is said that the inhabitants, also called Anunnaki, once created us humans to work for them. They equally created another type of beings, referred to as the reptilians, which are said to be heartless, dominating and barbarian. There are many speculations around this topic.

[←14]

Entities are souls residing in an in-between world of the Earth, probably in a layer of the fourth dimension. This dimension is still connected to the Earth. These entities are in a way stuck between two dimensions and can due to certain circumstances not reach the light. Therefore they are wandering till someone frees them and shows them the way to the Light.

[←15]

Chakras are a kind of energetic points on your energy body. Seven of them are known: root chakra, sacral chakra, solar plexus chakra, heart chakra, throat chakra, third eye chakra and crown chakra. Chakras are connected to the meridians, which are energetic lines in the body, transporting energy through the entire body.

[←16]

Quetzal is an endemic bird, which is part of many Indian legends. This bird is especially strongly connected to Quetzal-coatl, the God of the wind and culture for the Aztecs, whose name means feathered snake. The death penalty applied to killing a Quetzal. Also for the Mayans the Quetzal was highly regarded as a symbol of freedom. The red chest of the Quetzal originates according to legends to the arrival of the Spanish conquerors (conquistadores). When the Spanish defeated the Mayans, the Quetzals are said to have landed on the blood-covered Indians, to protect them. The blood colored the chest of the Quetzal bright red. The Quetzal is by the Hathors seen as a symbol of the Divine Free Spirit.

[←17]

A vehicle of light. Every human being has its own Merkabah. This is a star-tetrahedron, in which we fit exactly. Through a specific way of breathing you can learn how to reactivate the vehicle. For more information take a look at Drunvalo Melchizedek's books The Ancient Secret of the Flower of Life, volume 1 and 2.

[←18]

A created energetic field, in which a dimension exists. Within this field it is possible to experience and learn in kind of a virtual world, which can be experienced as very real. When you understand the field, recognize the rules, acknowledge and outgrow it, you realize the illusion of this created field and are able to exit it.

[←19]

See chapter 10 for the full list of roles.

[←20]

Elementals are inhabitants of the natural worlds, which exist parallel to the human world. They are only visible for the etherical eye, which in the future will be functioning for ever more people from birth. They are nature spirits or dwarfs. They are far from fantasy, but are instead an important part of our evolutionary powers on this planet, essential for the existence of humans.

[←21]

White light is the highest form of color or light. Gold is equally the highest color and metal. Together they form a ray, which mirrors all colors, even the colors we cannot see with the bare eye. You can send this white-golden ray from your heart and use it for the highest good of yourself, your fellow-humans and the cosmos.

[←22]

Coding is kind of an addition to your body, in the form of an energy or an energetic implant. This code (energetic file) contains a role, or a vibrational level through which you can attract certain situations into your life. Often it is meant to be supportive or a memory; sometimes it is toughening or resulting in being led by an outer force. The code can be detached from the body, or it can be cracked to receive the memory or gift.

[←23]

To transcend means to go beyond the limitation of the common way of perceiving or consciousness. It is as piercing through the exterior, with which things have been made cognizable, to the deeper spheres in the inner world to eventually learn about the most profound core of things within oneself.

Through the transcending one becomes aware of the transcendence, can one have the experience and the realization that the outer world, as it has been presented to us is not the only truth, but that there is a deeper truth at the bottom of it, which is also the basis of your most own self.